

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WHAT TO BRING?</b> A mat, towel and water are mandatory in the practice room. Refillable water bottles available for \$5. Lockers are available, just bring a lock. <b>OUR CLASSES</b> - Visit our website for class descriptions Classes in the non heated room: Yin, Ashtanga, Economy-A, Therapeutic, Meditation. The following classes are Moksha Hot Yoga: Community, Karma & Economy			1 9:30 Moksha - 90 12:00 Moksha Flow 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Moksha-60 8:30 Therapeutic \$7	2 9:30 Moksha-90 12:00 Moksha-60 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Moksha Mix-60	3 6:30 Moksha-60 <b>REDUCED CLASSES</b> 6:30 Moksha-90 8:30 Karma-60 - \$7	4 10:00 Moksha-75 12:00 Moksha-60 <b>REDUCED CLASSES</b>
5 10:00 Moksha-90 12:00 Yin-90 <b>REDUCED CLASSES</b>	6 <b>LABOUR DAY</b> 12:00 Community-60 - \$5 <b>REDUCED CLASSES</b>	7 9:30 Moksha - 90 12:00 Moksha - 60 5:00 Economy-60 \$7 6:30 Moksha - 90 8:30 Moksha- 60	8 9:30 Moksha - 90 12:00 Moksha Flow 5:00 Economy-HF60 \$7 6:30 Moksha-90 8:30 Moksha-60 8:30 Therapeutic \$7	9 9:30 Moksha-90 12:00 Moksha-60 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Moksha/Vinyasa-6	10 6:30 Moksha-60 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Karma-60 - \$7	11 10:00 Moksha-75 12:00 Moksha-60 3:00 Economy-90 \$7
12 10:00 Moksha-90 12:00 Yin-90 2:00 Economy- A \$	13 12:00 Community-60 \$7 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Moksha- 60	14 9:30 Moksha - 90 12:00 Moksha - 60 5:00 Economy-60 \$7 6:30 Moksha - 90 8:30 Moksha L2- 60	15 9:30 Moksha - 90 12:00 Moksha Flow 5:00 Economy-HF60 \$7 6:30 Moksha-90 8:30 Moksha-60 8:30 Therapeutic \$7	16 9:30 Moksha-90 12:00 Moksha-60 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Moksha/Vinyasa-6	17 6:30 Moksha-60 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Karma-60 - \$7	18 10:00 Moksha-75 12:00 Moksha-60 3:00 Economy-90 \$7
19 10:00 Moksha-90 12:00 Yin-90 2:00 Economy- A \$	20 12:00 Community-60 \$7 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Moksha- 60	21 9:30 Moksha - 90 12:00 Moksha - 60 5:00 Economy-60 \$7 6:30 Moksha - 90 8:30 Moksha- 60	22 9:30 Moksha - 90 12:00 Moksha Flow 5:00 Economy-HF60 \$7 6:30 Moksha-90 8:30 Moksha-60 8:30 Therapeutic \$7	23 9:30 Moksha-90 12:00 Moksha-60 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Moksha/Vinyasa-6	24 6:30 Moksha-60 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Karma-60 - \$7	25 10:00 Moksha-75 12:00 Moksha-60 3:00 Economy-90 \$7
26 10:00 Moksha-90 12:00 Yin-90 2:00 Economy- A \$	27 12:00 Community-60 \$7 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Moksha- 60	28 9:30 Moksha - 90 12:00 Moksha - 60 5:00 Economy-60 \$7 6:30 Moksha - 90 8:30 Moksha L2- 60	29 9:30 Moksha - 90 12:00 Moksha Flow 5:00 Economy-HF60 \$7 6:30 Moksha-90 8:30 Moksha-60 8:30 Therapeutic \$7	30 9:30 Moksha-90 12:00 Moksha-60 5:00 Economy-60 \$7 6:30 Moksha-90 8:30 Moksha Mix-60	ECONOMY-A on Sundays is an Ashtanga class and is not practiced in the heat ECONOMY-HF is a Hatha Flow in the hot room	