class **schedule** *Downtown*

lion's breath
yoga & pilates

TIME	CLASS	INSTRUCTOR	STUDIO	CLASS TYPE
Sat. May 25, 2013				
9:30 AM - 11:00 AM	**Gentle Hatha & Meditation**	Lyndsey	Studio One	Drop-in No class May 25 due to Acro workshop
11:00 AM - 12:30 PM	**Hot R&B Ashtanga**	Dawn	Studio One	Drop-in
Sun. May 26, 2013				
9:15 AM - 10:15 AM	**Hatha All Levels**	Nand	Studio One	Drop-in No class May 26 due to acro workshop
10:30 AM - 12:00 PM	**Dynamic Flow**	Lance	Studio One	Drop-in No class May 26 due to acro workshop
12:00 PM - 1:30 PM	**Gentle Flow with Yin**	Lyndsey	Studio One	Drop-in No class May 26 due to acro workshop
1:30 PM - 3:00 PM	**Restorative Yoga**	Sam	Studio One	Drop-in No class May 26 due to acro workshop
Mon. May 27, 2013				
6:00 AM - 7:00 AM	**Pranayama & Meditation**	Geneva	Studio One	Drop-in Last class April 22. Will resume in the fall.
6:45 AM - 7:45 AM	**Spring Adventure Challenge**	Dawn	Studio One	Drop-in Drop in, pre-register or use current pass. May 6-June 28.
8:30 AM - 9:30 AM	**Flow Yoga**	Jason	Studio One	Drop-in
12:00 PM - 1:15 PM	**Flow Yoga**	Heather	Studio One	Drop-in
6:15 PM - 7:15 PM	**Swing & Grind Kettlebell**	Lance	Studio One	Drop-in
7:15 PM - 8:30 PM	**Hatha All Levels**	Jen	Studio One	Drop-in
8:30 PM - 10:00 PM	**Acro-Yoga Basic Skills/Fun**	Kelsey	Studio One	Drop-in Co-taught by Kelsey and Dawn.
Tue. May 28, 2013				
12:00 PM - 1:15 PM	**Flow Yoga**	Jason	Studio One	Drop-in
4:45 PM - 6:00 PM	**Flow Yoga**	Sam	Studio One	Drop-in
6:00 PM - 7:30 PM	**Prenatal Yoga**	Clare	Studio One	Drop-in
7:30 PM - 9:00 PM	**Hot R&B Flow: Live!**	Dawn	Studio One	Drop-in
Wed. May 29, 2013				
6:45 AM - 7:45 AM	**Sunrise Yoga**	Dawn	Studio One	Drop-in Alternately taught by Sam and Dawn. Becomes part of Spring Adventure Challenge May8.
12:00 PM - 1:15 PM	**Flow Yoga**	Nand	Studio One	Drop-in Jason Subbing May 23rd
4:45 PM - 6:00 PM	**Flow Yoga**	Jason	Studio One	Drop-in
6:00 PM - 7:30 PM	**Honey Vinyasa**	Jason	Studio One	Drop-in Starts April 24th
7:30 PM - 9:00 PM	**Gay-ish Yoga**	Jason	Studio One	Drop-in
Thu. May 30, 2013				
12:00 PM - 1:15 PM	**Flow Yoga**	Elizabeth	Studio One	Drop-in
4:45 PM - 6:00 PM	**Flow Yoga**	Elizabeth	Studio One	Drop-in

#206, 10350-124 St., Edmonton, Alberta
T (780) 488–4433

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TIME	CLASS	INSTRUCTOR	STUDIO	CLASS TYPE
6:00 PM - 7:00 PM	**Swing & Grind Kettlebell**	Lance	Studio One	Drop-in
7:00 PM - 8:30 PM	**Hatha All Levels**	Clare	Studio One	Drop-in
8:30 PM - 10:00 PM	**Acro-Yoga Advanced Skills**	Dawn	Studio One	Drop-in Co-taught by Kelsey and Dawn

Fri. May 31, 2013

6:00 AM - 7:00 AM	**Pranayama & Meditation**	Geneva	Studio One	Drop-in Last class April 22. Resuming in the fall.
6:45 AM - 7:45 AM	**Spring Adventure Challenge**	Kelsey	Studio One	Drop-in Pre-register or Drop in w any pass. Ends June 28.
12:00 PM - 1:15 PM	**Flow Yoga**	Dawn	Studio One	Drop-in
4:45 PM - 6:00 PM	**Flow Yoga**	Heather	Studio One	Drop-in
6:00 PM - 7:30 PM	**Dynamic Flow**	Jason	Studio One	Drop-in No class May 24 due to Acro Workshop.