



Leaside's original yoga studio – breathing, stretching, laughing and relaxing, since 1997

2018/2019 CLASS SCHEDULE & FEES

MONDAY

10 - 11:15 amGentle/Big Stretch Yoga
5:45 - 7 pmGentle Stretch Yoga
7:15 - 8:30 pmBig Stretch Yoga

TUESDAY

10 - 11:15 amFlow & Let Go Yoga
7 - 8:15 pmBig Stretch Yoga

WEDNESDAY

7 - 8 amEarly Bird Yoga*
5:45 - 7 pmCandlelight Restorative Yoga
7:15 - 8:15 pmCandlelight Flow Yoga

THURSDAY

10 - 11:15 amBig Stretch Yoga

SATURDAY

10 - 11:15 amBig Stretch Yoga
11:30 - 12:45 pmBig Stretch Yoga

SUNDAY

10 - 11:15 amBig Stretch Yoga
11:30 - 12:45 pmGentle Flow & Restorative Yoga

*Pre-registration is required for this class.

1 class\$20
5 classes\$85
10 classes\$155
20 classes\$280
50 classes\$640

Seniors and Students receive 10% off. All fees include HST.

NEW STUDENTS!

Enjoy 30 days of
unlimited yoga classes for

\$55 Price includes HST.

OFFER EXPIRES MARCH 30, 2019

For new students only. Must be used over 30 consecutive days.
Non-transferable. Cannot be used for pre-registered classes.

For more information about classes, workshops
and retreats, please visit our website.



bigstretchyoga.com

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