

big stretch YOGA



*Breathing, stretching, laughing
and relaxing since 1997.*

2020 CLASS SCHEDULE & FEES

MONDAY

10:15 - 11:30 am Gentle/Big Stretch Yoga
5:45 - 7 pm Gentle Stretch Yoga
7:15 - 8:30 pm Big Stretch Yoga

TUESDAY

10:15 - 11:30 am Flow & Let Go Yoga
7 - 8:15 pm Big Stretch Yoga

WEDNESDAY

7 - 8 am Early Bird Yoga*
6 - 7:15 pm Flow & Restore Yoga

THURSDAY

10:15 - 11:30 am Big Stretch Yoga

SATURDAY

10:15 - 11:30 am Big Stretch Yoga
11:45 am - 1 pm Big Stretch Yoga

SUNDAY

10:15 - 11:30 am Big Stretch Yoga
11:45 am - 1 pm Gentle Flow/Restorative Yoga

* Pre-registration is required for this class. See our website for start dates.
This schedule can be subject to change. Please see our online schedule.

1 class \$25 5 classes \$95
10 classes \$175 20 classes \$320

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

NEW STUDENTS

Enjoy 30 days of unlimited yoga classes for

\$70

Price includes HST. Offer expires July 31, 2020. 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

Joanne Lowe, Director of Stretch
(416) 486-4448 • info@bigstretchyoga.com
320 Broadview Avenue at Gerrard, Toronto, ON M4M 2G9

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