

# CITY-WIDE DROP IN YOGA SCHEDULE

SPRING 2016 | APR 3 – JUL 2

DROP-IN YOGA SCHEDULE							
Family Friendly (8+) classes are in blue				All other classes are for participants 13 years old and up			
FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
Clareview Community Recreation Centre	9:30-10:30am 1-2pm (Family)	10:45-11:45am (Gentle) 7-8pm	9:15-10:15am	9:15-10:15am 7:30-8:30pm (Yin)	10:30-11:30am	9:15 – 10:15am 10:30-11:30am (Gentle)	10:15-11:15am (Flow)
Commonwealth Community Recreation Centre	11:30am-12:30pm	12-1pm 1:15-2:15pm (Gentle) 7:45-8:45pm (Flow)	1:15-2:15pm (YP Fusion)	9:30-10:30am 7-8pm	9:15-10:15am	12-1pm (YP Fusion) 1:15-2:15pm (Yin)	9-10:15am
Jasper Place Annex			10-11am		5:45-6:45pm		
Kinsmen Sport Centre	2-3:15pm (Advanced) 3:30-4:45pm	10:45am-12pm 6-6:45pm (Joga) 7-8pm	2-3pm (Yin) 6:30-7:45pm 8-9:15pm (Advanced)	7:15-8:15pm (Flow)	9:30-11am 6:30-7:45pm (Yin)	12:10-1:10pm 6:30-7:45pm (Power)	2-3:15pm
Londonderry Leisure Centre			6:15-7:15pm (Advanced)	7:30-8:30pm	8-9pm		12:30-1:30pm
Mill Woods Recreation Centre		7:30-8:30pm		7:30-8:30pm (Iron)			10:30-11:30am (Yin)
Prince of Wales Armouries		9:30-10:45am		9:30-10:45am		9:30-10:45am	
Terwillegar Community Recreation Centre	9-10am 10:15-11:15am (Iron)	11:45am – 12:45pm (Gentle) 12-1pm 6-7pm (Advanced) 7:45-9pm	12-1pm	11:45am-12:45pm (Gentle) 1-2:15pm	12:15-1:15pm 6-7pm (Flow)	12-1pm 6-7pm (Family)	9-10:15am
The Meadows Community Recreation Centre	9-10am 10:15-11:15am (Flow)	10:15-11:15am 12-1pm (Gentle) 6-7pm	11:30am-12:30pm (Gentle)	6:30-7:30am (Flow) 1-2pm (Yin) 6-7pm	5:45-6:45pm (Family)	9:30-10:30am (Chair) 11:30am-12:30pm (Gentle)	8:30-9:30am

- Schedule subject to change, please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- Proper exercise wear is required to participate. Please arrive at least 5 minutes before the class begins to avoid disruption.
- No Instructor led drop-in classes on statutory holidays.
- Visit [www.edmonton.ca/findyourfit](http://www.edmonton.ca/findyourfit) for weekly drop-in schedules.

Revised: May 9, 2016