



CARLETON UNIVERSITY

YOGA & PILATES

FALL 2016 & WINTER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		GOOD MORNING YOGA 7:00 - 8:00 AM				
STRENGTHENING YOGA 9:00 - 10:15 AM			YOGA 9:30 - 11:00 AM			POWER & PEACE OF YOGA 9:30 - 11:00 AM
					YOGA 11:00 AM - 12:15 PM	
YOGA 12:05 - 12:55 PM	POWER YOGA 12:05 - 12:55 PM	DE-STRESS YOGA 12:05 - 1:30 PM	YOGA 12:05 - 12:55 PM	INTERMEDIATE YOGA 12:05 - 1:30 PM		
	PILATES 12:05 - 12:55 PM	PILATES FUSION 12:05 - 12:55 PM	PILATES 12:05 - 12:55 PM	PILATES FUSION 12:05 - 12:55 PM		
	GENTLE YOGA 1:15 - 2:45 PM	FLOW-YIN-POWER FUSION 1:30 - 3:00 PM	WOMEN'S ONLY YOGA 1:15 - 2:45 PM			
	YIN YOGA 3:00 - 4:30 PM			YOGA 2:00 - 3:30 PM		
YOGA FLOW 3:30 - 4:30 PM						
POWER YOGA 4:45 - 6:00 PM			THERAPEUTIC YOGA 4:30 - 5:30 PM			
POSTURE PERFECT 5:00 - 6:00 PM	YOGA 5:00 - 6:30 PM	YOGA 5:00 - 6:30 PM	PILATES 5:00 - 6:00 PM	YOGALATES 5:30 - 7:00 PM		
YOGA 6:15 - 7:30 PM	BALLET BARRE & PILATES 5:00 - 6:00 PM					
	YOGA 6:30 - 7:45 PM	BODY BALANCING YOGA 7:00 - 8:30 PM	GENTLE EVENING YOGA 7:00 - 8:30 PM			
KUNDALINI 7:30 - 9:00 PM						BEGINNER KRIPALU / HATHA YOGA 7:00 - 8:30 PM

ROOM 2404

YOGA ROOM

COMBATIVES ROOM