



Hot Yoga Peterborough • 705 874 7454 • www.hotyogaptbo.com •

October 2012 Hot Yoga Peterborough

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am H Hot	9:30am H Combo	9:30am* H Power Vinyasa	9:30am H Yoga Pilates	9:30am* H Combo	9:30am* W Yin	9:30am* H Hot
4:30pm* H Power Vinyasa		4:30pm* H Hot			4:00pm H Hot YTT CLASS	4:00pm* H Combo
	6pm** H Power Vinyasa	<i>Peterborough Yoga</i>	6pm** W Yin	6-7pm** H Karma Class Power Vinyasa		
7:30pm* H Combo	7:30pm** Beginner Yoga	<i>Teacher Training 6:45-9:45pm</i>	7:30pm* H Yoga Pilates Flow			

Classes 90 mins unless noted. * 75 mins **60 mins

H=Hot Class W=Warm

Karma Class: minimum \$8 donation Friday at 6pm only, Members can use their cards

(YTT) Yoga Teacher Training 2012 Teachers in Training will be teaching portions of the class **Saturday @ 4pm**. All are welcome! Your patience, compassion, and support is appreciated. YTT training hours are Wed. Evenings 6:45 - 9:45pm and Sat. 11:30am - 7:30pm.

Beginner Yoga is a preregistered programs. There is a wait list.

Thanksgiving Weekend Classes

Saturday Oct 6th Yin at 9:30am. NO 4pm Class.

Sunday October 7th Closed.

One Class at 11am Monday October 8th.