



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

## September 2012 Hot Yoga Peterborough

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am <b>H</b> Hot	9:30am <b>H</b> Combo	9:30am* <b>H</b> Power Vinyasa	9:30am <b>H</b> Yoga Pilates	9:30am* <b>H</b> Combo	9:30am* <b>W</b> Yin	9:30am <b>H</b> Hot
4:30pm* <b>H</b> Power Vinyasa		4:30pm* <b>H</b> Hot			4:00pm <b>H</b> Hot YTT CLASS	4:00pm* <b>H</b> Combo
	6pm** <b>H</b> Power Vinyasa	<i>Peterborough Yoga</i>	6pm** <b>W</b> Yin	6-7pm** <b>H</b> Karma Class Power Vinyasa		
7:30pm* <b>H</b> Combo	7:30pm* Beginner Yoga	<i>Teacher Training 6:45-9:45pm</i>	8:15pm** Qi Gong with Jesse			

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

**H=Hot Class W=Warm**

**Karma Class: \$8 drop in fee for all non members. Friday 5:30pm.**

**(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 and Qi Gong with Jesse are preregistered programs.**

There is a wait list for beginner yoga, we are still accepting students into Qigong.

**LABOUR DAY WEEKEND STUDIO CLOSED Sunday Sept 2nd & Monday Sept 3rd.** Classes run as scheduled Friday and Saturday.

**Thursday Sept 13th. Monday Mastery Workshop: Yoga + life skills  
No Yin Yoga Class. Chi Gong starts at 8:30-9:30pm**