

Suspension Yoga Class Schedule – Fall & Winter

Monday

- Suspension Yoga (ages 6-8 \$20/p – 20 spots) 6:30-7:15pm
- Adult Suspension Yoga (\$20/p – 6 spots) 7:45-8:30pm

Tuesday

- Inversion Therapy (\$20/p – 6 spots - 20 mins.) 10:00am-10:20am
- Inversion Therapy (\$20/p – 6 spots – 20 mins.) 10:35am-10:55am
- Parent & Child Suspension Yoga ages 6-10 (\$25/pair – 10 spots= 5 pairs) 6:30-7:15pm
- Teen Suspension Yoga (ages 13+ \$20/p – 20 spots) 7:45-8:30pm

Wednesday

- Suspension Yoga (ages 8-12 \$20/p – 20 spots) 7:45-8:30pm

Thursday

- Inversion Therapy (\$20/p – 6 spots - 20 mins.) 10:00am-10:20am
- Inversion Therapy (\$20/p – 6 spots – 20 mins.) 10:35am-10:55am

Friday

No Classes on Fridays

Saturday

- Suspension Yoga (ages 8-12 \$20/p – 20 spots) 10:00-10:45am
- Parent & Child Suspension Yoga (ages 6-10 \$25/pair – 10 spots = 5 pairs) 11:15-12:00pm

Sunday

- Parent & Child Suspension Yoga (ages 3-6 \$25/pair – 10 spots = 5 pairs) 10:00-10:45am
- Children's Suspension Yoga (ages 3-8 \$20/p – 20 spots) 11:15-12:00pm

To book a Suspension Yoga Birthday Party or Private Venue, please contact us directly by calling 905-802-2256 or email us at info@yogatastic4kids.ca