

Suspension Yoga Class Schedule

Monday

- Adult Suspension Yoga (\$25/p – 6 spots) 7:45-8:30pm

Wednesday

- Suspension Yoga (ages 7+ \$25/p – 20 spots) 7:45-8:30pm

Saturday

- Suspension Yoga (ages 7+ \$25/p – 20 spots) 10:00-10:45am
- Parent & Child Suspension Yoga (ages 3+ \$30/pair – 10 spots = 5 pairs) 11:15-12:00pm

To book a [Suspension Yoga Birthday Party](#) or a [Private Session](#), please contact us directly by calling 905-802-2256 or email us at info@yogatastic4kids.ca