



MOUNTANGOAT YOGA CENTRE - KANATA

150 Katimavik Rd, 2nd floor Kanata ON K2L 2N2

www.mountangoatyoga.com (613) 271-8998

Summer

effective 02 July - 05 September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00a - 9:00a Salutations & Savasana Tara	8:00a - 9:15a Hot Power & Yin Heather
9:00a - 10:00a Hot Power Erin	9:15a - 10:15a Hot Power Basics Deanne	9:00a - 10:00a Hatha Tara	9:00a - 10:00a Hot Power Heather	9:00a - 10:00a Hatha Flow Deanne	9:00a - 10:00a Power Basics Su	9:00a - 10:00a Hatha Basics Erin
	12:00p - 1:00p Hatha Basics Erin		12:00p - 1:00p Hatha Su		9:30a - 10:30a Hot Power Tara	9:30a - 10:30a Hot Power Basics Kendra
	4:30p - 5:30p Hatha Flow Deanne				10:30a - 11:30a Hatha Christiane	
5:30p - 6:30p Hot Power Basics Tara	6:00p - 7:00p Hot Power Deanne	5:30p - 6:30p Hot Power Deanne	6:00p - 7:00p Hot Power Basics Andrew	5:30p - 6:30p Hot Power on hold for summer		
6:00p - 7:00p Yin Yoga Andrew	6:00p - 7:15p Gentle Hatha & Yin Anne	6:15p - 7:15p Hatha Mary-Heather	6:00p - 7:00p Yin Yoga Heather	6:45p - 7:45p Hatha Stretch on hold for summer	PLEASE NOTE: Doors are locked once class is in session for reasons of comfort and safety.	
7:15p - 8:15p Hot Power Basics Tara	7:30p - 8:30p Hatha Basics Anne	6:45p - 7:45p Hot Power Basics Deanne	7:15p - 8:30p Hot Power Heather		Plan to arrive 10-15 minutes before class.	
8:30p - 9:15p Meditation \$5 drop-in Tara		7:30p - 8:30p Yin Yoga Mary-Heather			All classes are drop-in, no pre-registration required.	

Drop-in Fee:

\$16

PRICES now include 13% HST

BLUE denotes changes from last schedule

Prepaid Class Cards:

10 Classes	\$130	\$13.00 / class	Valid 5 months
20 Classes	\$245	\$12.25 / class	Valid 10 months
30 Classes	\$335	\$11.16 / class	Valid 12 months
45 Classes	\$455	\$ 10.11 / class	Valid 12 months
Yearly Pass	\$1,290	UNLIMITED	Valid 12 months
Monthly Pass	\$130	UNLIMITED	Valid 1 month

Prices include applicable taxes
Class card expire from date of purchase.
No Exceptions. No Extensions. No Sharing
Class cards are non-transferable, non-refundable.
Class cards are valid at the Centre it was purchased.

For more information, visit our website...