

New Members!

30 days \$49*

**New to Studio, excludes Mysore.*

PRICES

	REGULAR	STUDENT/ SENIOR (65+)
UNLIMITED Yoga~	\$99/mo	\$89/mo
MYSORE Yoga~	\$149/mo	\$119/mo

Drop In	\$20	\$16
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5 pass card	\$90	\$75
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10 pass card	\$160	\$130
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20 pass card	\$290	\$230
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1 month unlimited	\$150	\$120
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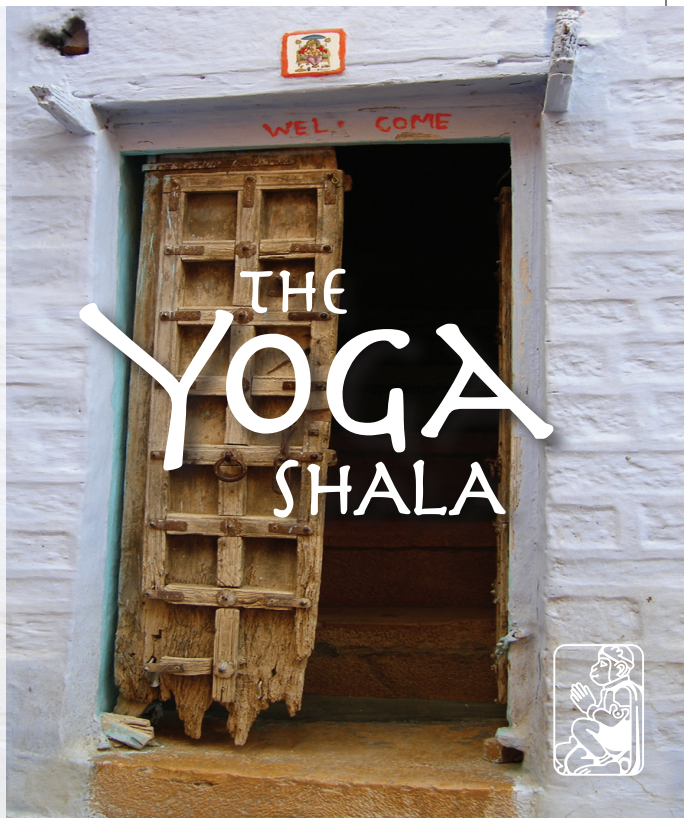
1 month MYSORE	\$180	\$150
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~ Monthly autopay for unlimited yoga.

No contract. 30 days notice to cancel.

• Students (full-time) with valid id. Seniors 65+.

• All prices subject to GST except drop-ins.



yogahalacalgary.com

1511-19 street nw @14ave
403.210.3000

2019



class schedule

MONDAY

5:30 - 8:30 am	Mysore*
9:30 - 11:00 am	Flow & Restore
12:10 - 1:00 pm	Ashtanga - All Levels
4:30 - 5:45 pm	Hips n' Hammies
6:00 - 7:15 pm	Hips n' Hammies
7:30 - 8:45 pm	Warm Yin Restorative

TUESDAY

5:30 - 8:30 am	Mysore*
9:30 - 10:45 am	IG Strength & Restore
12:10 - 1:00 pm	Ashtanga - All Levels
5:30 - 6:40 pm	Ashtanga Unwind
7:00 - 8:15 pm	Restorative

WEDNESDAY

5:30 - 8:30 am	Mysore*
9:30 - 10:45 am	Gentle Yoga / Nidra
12:10 - 1:00 pm	Ashtanga - All Levels
1:15 - 2:30 pm	Parent & Baby*
5:00 - 6:15 pm	Hips n' Hammies
6:30 - 7:45 pm	Ashtanga - All Levels

THURSDAY

5:30 - 8:30 am	Mysore*
9:30 - 11:00 am	Restorative
12:10 - 1:00 pm	Ashtanga - All Levels
5:30 - 6:40 pm	Flow & Restore
7:00 - 8:15 pm	Ashtanga - All Levels

FRIDAY

5:30 - 8:00 am	Mysore*
9:30 - 10:45 am	Flow & Restore
12:10 - 1:00 pm	Ashtanga - All Levels
2:30 - 3:45 pm	Parent & Tot*
5:00 - 6:30 pm	Hips n' Hammies
7:00 - 8:15 pm	Restorative

SATURDAY

10:00 - 11:15 am	Ashtanga - Level 1-2
11:30 - 12:45 pm	Restorative
1:00 - 2:00 pm	Check Website
3:00 - 4:15 pm	Flow & Restore

SUNDAY

9:00 - 10:30 am	Primary Series - Level 3
11:00 - 12:15 pm	Ashtanga - Beginner
1:00 - 2:15 pm	Wall Yin Yoga
3:00 - 4:15 pm	IG Strength & Restore

All classes are drop-in except See website for class descriptions and current information.
Schedule subject to change without notice. Free parking on 19th street, if lot is full.*