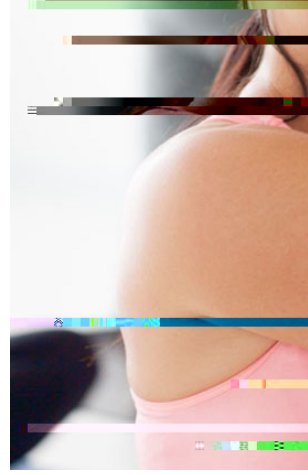


SPRING 2020 SCHEDULE

MIND, BODY, SPIRIT PASS

...ve to be a struggle.
 ...to one yoga class for
 ..., Body, Spirit Pass is
 ... you unlimited access
 ... 2020 yoga and stretch
 ...ses.



	Monday	Tuesday	Wednesday	Thursday	Friday
	Deep Stretch Yin 11:30 AM - 12:20 PM Education Gym	Hatha Yoga 11:30 AM - 12:20 PM VIP Room	Yoga Inspiration 11:30 AM - 12:20 PM Education Gym	Vinyasa Yoga 11:30 AM - 12:20 PM Education Gym	Flow Yoga 11:30 AM - 12:20 PM VIP Room
	Hatha Yoga 12:30 - 1:20 PM Education Gym	Yin/Yang Yoga 12:30 - 1:20 PM VIP Room	Yin/Yang Yoga 12:30 - 1:20 PM Education Gym	Yin Yoga 12:30 - 1:20 PM Education Gym	
				Body, Spirit Pass	SU Students
	All Levels Yoga 6:30 - 7:20 PM VIP Room			1 semester	\$114.25



* Schedule subject to change. Visit athleticsandrecreation.its.sfu.ca for live updates.