

# Schedule: Winter / Spring 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>10:00 - 11:30</b> Alignment-Based Hatha  <i>Donna</i>		<b>10:00 - 11:30</b> Alignment-Based Hatha  <i>Donna</i>		<b>10:30 - 12:00</b> Alignment-Based Hatha  <i>Joanna</i>	<b>10:30 - 12:00</b> Ashtanga Vinyasa  <i>Jamie L.</i>
<b>12:15 - 1:05</b> Vinyasa Flow  <i>Jamie L.</i>	<b>12:15 - 1:05</b> Mat Pilates  <i>Jaime H.</i>	<b>12:15 - 1:05</b> Alignment-Based Hatha  <i>Razielle</i>	<b>12:15 - 1:05</b> Mat Pilates  <i>Jaime H.</i>	<b>12:15 - 1:05</b> Alignment-Based Hatha  <i>Joanna</i>		
<b>5:30 - 7:00</b> Alignment-Based Hatha  <i>Patricia</i>	<b>6:00 - 7:30</b> Vinyasa Flow  <i>Donna</i>	<b>5:30 - 7:00</b> Alignment-Based Hatha  <i>Donna</i>	<b>6:00 - 7:30</b> Ashtanga Vinyasa  <i>Jamie L.</i>	<b>Themes for Alignment-Based Hatha + Vinyasa Flow Classes:</b> • Standing poses • Backbends • Twists • Forward bends • Inversions + Restoratives  <i>Weekly themes allow us to make sure that students touch on poses from each category to attain a deep and balanced practice.</i>		

## UYM Price List

### Class Pass (90 minute class)

20 classes    \$250    16 weeks\*  
 10 classes    \$140    12 weeks\*

### Lunch Hour Pass (50 minute class)

20 classes    \$200    16 weeks\*  
 10 classes    \$110    12 weeks\*

\* No expiry date on passes, but use them by the suggested time and get 10% off your next pass!

### Introductory Offer

3 months unlimited classes    \$150  
 (new students only)

**3 months unlimited pass**    \$270

**1 month unlimited pass**    \$100

**First class @ UYM**    \$10

**Drop-in lunch hour**    \$13

**Drop-in 90 minute**    \$18

• Tax not included in prices

• To keep our prices this reasonable we can not offer refunds, transfers or suspensions. Thank you for understanding.

• Pay on-line with a credit card or in person at the studio with cash, debit, visa or master card.

**[www.unitedyogamontreal.com](http://www.unitedyogamontreal.com)**