

# Schedule: 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>8:00 - 9:30</b> Alignment-Based Hatha  <i>Joanna</i>	
<b>12:15 - 1:05</b> Ashtanga Vinyasa  <i>Jamie</i>		<b>12:15 - 1:05</b> Ashtanga Vinyasa  <i>Jamie</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> Vinyasa Flow  <i>Jamie</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!

**First class @ UYM** \$10  
**Drop-in lunch hour** \$13  
**Drop-in 90 minute** \$18  
**Introductory Offer**  
 3 months unlimited classes (new students only) \$150  
**1 month unlimited pass** \$100  
**3-months unlimited lunchtime pass** \$150  
**3-months unlimited pass** \$270

- 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)**