



**PLEASE NOTE FOR THE MOST UP TO DATE SCHEDULE DOWNLOAD OUR SMILING HEARTS APP, SMILING HEARTS YOGA**

<b>Time</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>5:30-6:20am</b>			Small Grp PT			
<b>7:00-7:50am</b>	Small Grp PT	Small Grp PT	Small Grp PT	Small Grp PT	Small Grp PT	
<b>8:00-8:50am</b>	Small Grp PT	Small Grp PT	Small Grp PT	Small Grp PT	Small Grp PT	Small Grp PT
<b>9:00-9:50am</b>	Small Grp PT	Small Grp PT	Small Grp PT	Small Grp PT	Small Grp PT	Small Grp PT
<b>10:00-11:00am</b>		Hatha	Flow		Small Grp PT	Hatha
<b>3:00-3:40pm</b>	Small Grp PT		Small Grp PT			
<b>4:00-4:50pm</b>	Small Grp PT	Small Grp PT	Small Grp PT &	Small Grp PT	Small Grp PT	
<b>5:00-5:50pm</b>	Small Grp PT	Small Grp PT	Small Grp PT &	Small Grp PT	Small Grp PT	



<b>6:00-6:50pm</b>		Small Grp PT	<b>Core Conditioning</b> 45 min	Small Grp PT	<b>Hatha</b> 6:00-7:00	
<b>7:15-8:30pm</b>	<b>Restorative</b>	<b>Yin</b> 7:00-8:00	<b>Restorative</b>	<b>Yin</b> 7:00-8:00		

**Small Group Personal Training:** You will work in groups of 8 people (max) and your coach will guide you through a workout that is tailored towards your goals, needs and challenges. You will work on building your strength and cardio during each session. All levels, skills and abilities are welcome. The workouts change daily so you will never get bored.

**Hatha Yoga:** Hatha yoga is a branch of yoga that focusses on physical health as well as mental wellbeing. Postures are held and the class moves at a gentle pace which is great for beginners, people with injuries or those just wanting a gentler practice.

**This Class is for you if:** If you have never done yoga before or have been absent from practice for a while then this class would be a good starting point. Pre and post-natal ladies are welcome and postures will be provided so you can safely practice.

**Flow Yoga:** What you will experience during a flow yoga class (also known as Vinyasa Flow) is movement that gracefully moves from pose to another. Some poses will be held for longer giving you the opportunity to build strength and endurance while building your flexibility. **This Class is for you if:** All levels are welcome and modifications will be provided to ensure you have a great experience. **Note:** If you are unable to get up and down off the floor then this class would not be for you.

**Restorative Yoga:** Rest, re-energize and re-invigorate. You will be invited to find a restful position using props such as blankets, pillows & bolsters. In this state of deep relaxation, your body will be able to restore its natural equilibrium, re-energizing you for the rest of your day. This form of yoga is extremely relaxing and moves at a gentle pace. **This Class is for you if:** You are working through acute or chronic injuries, need to manage your stress, working with trauma-related issues or just want to participate in a gentle practice.



**Candlelight Yoga:** This is one of Smiling Hearts Yoga & Fitness signature classes. During our candlelight yoga practice, you will move through a combination of a gentle poses with a bit of flow ending in a luxurious stretch and relaxation, all done in the soft glow of candlelight with peaceful music to guide you.

**Power/Flow Yoga:** This yoga class moves at a quicker pace and requires students to know basic yoga poses, be able to easily transition from floor to standing and have been practicing yoga for more than a few months. **This Class is for you if:** You are looking for a more vigorous class, have been practicing for a while and have a strong foundation in alignment principles.

**Core and Flexibility:** During this 50-minute class we will challenge your core for half the class and the other half will focus on stretching.

**Pilates Mat Class:** This 50-minute class focusses on building strength in your core muscles utilizing the basic exercises introduced by Joseph Pilates. This is a beginner to intermediate level class and **no** previous Pilates experience is required.

**Yogalates:** This class is a blend of yoga and Pilates to give you Yogalates. Throughout the 50 minute class we will move through yoga and Pilates inspired movements. Suitable for beginners but you must be able to move from the floor to standing with ease.

**Cycle n' classes:** These hybrid cycle classes have you on the bike for just 30 minutes then you will either train your core, strength or improve your flexibility. All levels welcome.