

# QuantumYogaClub.com

SPRING SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Q90		Q90			
6:30 AM	Q60		Q60		Q60		
8:00 AM							Q90
9:30AM	Q90		Q90		Q90		
10:00 AM		Warm Flow		Hot Pilates Flow		Q90	Q90
12:00 PM	Q60	Q60	Q60	Q60	Q60	Q60	Q60
2:00 PM						Warm Flow	Hot Pilates
4:00 PM	Q60		Q60		Q60	Q60	Q90
5:30 PM	Q90	Q90	Q90	Q90	Yin		
6:00 PM							Yin
7:30 PM	Q60	Yin	Q60	Q60			

1701 Douglas Street, Unit 8  
Victoria, BC | 250-590-0590



Long weekends & holidays may affect this schedule.  
Classes subject to change without notice.  
Always check [QuantumYogaClub.com](http://QuantumYogaClub.com)