

SCHEDULE
FEBRUARY 2012

TIME	CLASS	TEACHER	STUDIO	LENGTH
MONDAY				
10:00 AM	HOT YOGA	KIMIKO	2	75 MIN
12:00 PM	POKER FIT	KIMIKO	3	45 MIN
12:15 PM	HOT YOGA	AMANDA	2	60 MIN
5:15 PM	HOT YOGA	GEN	2	60 MIN
6:30 PM	KBOX	ALAIN	3	60 MIN
6:30 PM	HOT YOGA FLOW*	MARION	2	60 MIN
6:30 PM	PILATES	FARREN	1	60 MIN
7:30 PM	SCULPT	ALAIN	3	60 MIN
7:45 PM	HOT YOGA	MARION	2	75 MIN
TUESDAY				
7:15 AM	KARMA HOT YOGA* ¹⁴ NO CLASS	MARTINA	2	60 MIN
12:00 PM	KBOX N' SKIP	ALAIN	3	55 MIN
5:15 PM	KIDS KARATE	ALAIN	1	60 MIN
5:15 PM	HOT YOGA	KIMIKO	2	60 MIN
6:30 PM	KARATE	ALTERNATES	1	60 MIN
6:30 PM	BOX	ALAIN	3	60 MIN
6:30 PM	HOT YOGA FLOW*	KIMIKO	2	60 MIN
7:45 PM	HOT YOGA RESTORE	KIMIKO	2	75 MIN
WEDNESDAY				
12:00 PM	SCULPT	ALAIN	3	55 MIN
12:15 PM	HOT YOGA FLOW*	KIMIKO	2	60 MIN
5:15 PM	HOT YOGA	AMANDA	2	60 MIN
6:00 PM	BOX SPAR	ALAIN	3	60 MIN
6:30 PM	HOT KBOX YOGA FUSION	DAVID/KIMIKO	2	60 MIN
6:30 PM	PILATES	GERARD	1	60 MIN
7:00 PM	SCULPT	ALAIN	3	60 MIN
7:30 PM	PRENATAL YOGA	INGRID	1	75 MIN
7:45 PM	HOT YOGA	AMANDA	2	75 MIN
THURSDAY				
7:15 AM	KARMA HOT YOGA* ¹⁶ NO CLASS	MARTINA	2	60 MIN
12:00 PM	BOX	ALAIN	3	55 MIN
5:15 PM	KIDS KARATE	ALAIN	1	60 MIN
5:15 PM	HOT YOGA	GEN	2	60 MIN
6:30 PM	KARATE	ALAIN	1	60 MIN
6:30 PM	KBOX	BRUNO	3	60 MIN
6:30 PM	HOT YOGA FLOW*	GEN	2	60 MIN
7:30 PM	ADV KARATE	ALAIN	1	30 MIN
FRIDAY				
10:00 AM	HOT YOGA	KIMIKO	2	75 MIN
12:00 PM	KARATE	ALTERNATES	1	60 MIN
12:15 PM	HOT YOGA	AMANDA	2	60 MIN
5:15 PM	HOT YOGA	KIMIKO	2	60 MIN
6:30 PM	RESTORATIVE YOGA	KIMIKO	2	60 MIN
SATURDAY				
9:30 AM	LITTLE PANDAS	ALAIN	1	30 MIN
9:30 AM	HOT YOGA	XAVIER	2	75 MIN
10:00 AM	KIDS KARATE	ALAIN	3	55 MIN
10:00 AM	PILATES	ALISAN	1	60 MIN
11:00 AM	KBOX	ALAIN	3	60 MIN
11:15 AM	KIDS YOGA	MARTINA	1	45 MIN
11:15 AM	HOT YOGA FLOW*	MARION	2	60 MIN
12:00 PM	SCULPT	ALAIN	3	60 MIN
12:00 PM	KARATE KATAS ^{FEB 11 & 25}	RENE	1	60 MIN
12:30 PM	HOT YOGA	KIMIKO	2	90 MIN
1:30 PM	BOX SPAR	SIMON	3	90 MIN
SUNDAY				
12:00 PM	HOT YOGA	XAVIER	2	90 MIN

*HOT YOGA FLOW: Previous experience in our Hot Yoga classes is required
*KARMA HOT YOGA: \$5 donational class or free for unlimited members

MEMBERSHIP FEES:

12 Months (1 Payment)	\$1000
12 Months (Monthly Contract)	\$100
3 Months	\$340
10 Classes	\$150
5 Classes	\$90
1 Class	\$22

SPECIAL INTRO OFFER FOR NEW MEMBERS

1 Week Unlimited	\$22
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Effective Feb 1, 2012 GST and PST will be added upon purchase.

PRIVATE CLASS 60 MINS \$85 / 90 MINS \$125

SEMI PRIVATE CLASS 60 MINS \$125 / 90 MIN \$150

NEW WINTER SESSIONS

PRENATAL YOGA : Wednesday 7:30-8:45 PM
18 January - 29 February (7 weeks) \$125

LITTLE PANDAS (ages 2-4) Saturday 9:30-10:00 AM
14 January - 25 February (8 weeks) \$100

KIDS KARATE: (ages 4-17) Tuesday & Thursday
5:15-6:15 PM / Saturday 10:00-10:55 AM
10 January - 31 March (12 weeks) \$175

TODDLER YOGA: (ages 2-4) Saturday 11:15-12:00 PM
14- January - 29 February (8 weeks) \$100

CHAKRA YOGA INTENSIVE with Kimiko Fujimoto
6:15-8:00 am Monday - Friday, February 13-17, 2012
Dedicate a week to yourself and rebalance your chakras with flowing asana sequences, chanting, meditation, and journal reflections. In this daily morning retreat you will practice yoga according to each chakra (energetic centers throughout the body). Understanding the different chakras and examining how they relate to your body, mind and life is an amazing process that can unlock your highest potential. Pre-registration is required before Feb 9, 2012: Cost \$108 includes a chakra booklet

KARMA HOT YOGA

A community hot yoga class taught by a teacher in training. \$5 donations will be accepted towards charity or free for unlimited members.

HOT KBOX YOGA FUSION with David and Kimiko!

Mix it up with cardio-kickboxing intervals and strength-building yoga poses to stretch and work the entire body and mind. The challenge is to stay connected to your breath as you move back and forth through both disciplines. This intense hybrid class is sure to make you sweat and have fun!

HOT YOGA FLOW

An invigorating sequence of yoga poses that synchronize movement and stability with the breath. Flow brings forth vitality, calm and renewal by combining strength building, deep muscular stretching, endurance and balance. Previous experience in our Hot Yoga classes is required*

HOT YOGA RESTORE

Energize and restore in a meditative blend of strengthening hot yoga and deep yin stretches, followed by relaxing restorative yoga. The class begins with an active sequence of poses to condition proper alignment and understanding. This class is suitable for beginners and all levels.

BOX SPAR

An all levels boxing class with a primary focus on partner sparring, circuit-training, and intense heavy bag and speedball training. Boxing is a total-body conditioning regime that manages stress and weight while increasing endurance and mental coordination. Please contact Studio Breathe for more information about equipment and prices.

POKER FIT

A game of cross-fit with a deck of 54 cards, 5 full-body exercises, and a stop-watch! The challenge: complete over 400 circuit-training reps in under 30- minutes through random draws of the cards.