

evolutionfernie.com Studio Schedule *(Winter 2020-2021)*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00AM		<i>Ghostrider Training</i> 7-10 am	YOGA Hatha Flow Anna P	<i>Ghostrider Training</i> 7-10 am	YOGA Hatha Flow Anna P		YOGA <i>Energetic Flow</i> Madi B
5:15PM	YOGA Yin Kim M	YOGA Vinyasa Kim M	YOGA Vinyasa Johanna W	YOGA Vinyasa-Yin Kim M	YOGA Vinyasa Johanna W		
7:00PM		<i>Core Ball In Fit-to-Play</i> Paul A	YOGA Yin-Yang Margaret F	<i>Hard Core Ball In Fit-to-Play</i> Paul A	YOGA Yin-Yang Margaret F		

ALL YOGA classes feature the gentle warmth of ceiling mounted *Yoga Panels*® IR heaters.

♥ NEW PROCEDURES IN EFFECT, PLEASE READ:

- ✓ **Online Registration** begins at 7:30AM the DAY BEFORE the class; (sign-up Sunday AM for any class on Monday)
 - ✓ Registration is *online* thru **evolutionfernie.com** or *in person only*; No phone call registration.
 - ✓ \$5 Advanced Reservation available 1-week prior to class
- ✓ Classes are 1-hour duration. Extended break between classes for cleaning and participant changeover.
- ✓ All Participants are to proceed directly into the Studio upon arrival (Instructor has participant checklist)
 - ✓ Arrive PREPARED to minimize over-crowding of our changerooms
 - ✓ Arrive **10 minutes prior to class start time**. Late arrivals may lose their spot.
- ✓ Class participant size is limited to: **10 Participants**
- ✓ **No-show's** and **Last Minute Cancellations** (*within 2 hour of class start time*) prevent other members from enjoying the class and will be charged a **\$5 No-Show Fee**. Repeat no-shows will lose registration privileges.
- ✓ Instructor availability and class schedule may change at any time, please see online calendar for weekly availability