

BIKRAM YOGA

LA CAÑADA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	5:30AM	5:30AM	5:30AM	5:30AM	6:45AM	6:45AM
8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	8:30AM
					10:30AM	10:30AM
12:15PM	12:15PM	12:15PM	12:15PM	12:15PM		
					2:30PM	2:30PM
4:30PM	4:30PM	4:30PM	4:30PM	4:30PM	4:30PM	4:30PM
6:15PM	6:15PM	6:15PM	6:15PM	6:15PM		
8:00PM	8:00PM	8:00PM	8:00PM			

Classes subject to change, please check the website for current schedule.

**• ALL NEW STUDENTS SHOULD ARRIVE 15 MINUTES EARLY
(INTRODUCTORY OFFER AVAILABLE)**

- To attend class, all students must arrive on time • All classes are 90 minutes, be prepared to work hard and sweat • Classes are designed for all ages and levels of fitness • Bring a large towel and a bottle of water
- Wear athletic tanks, shorts or bathing suits • Come on an empty stomach
 - No perfume, pagers or cell phones
- Plenty of free parking • No reservations! Come to any class

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www.bikramlacanada.com info@bikramlacanada.com



Bikram yoga is a challenging, exciting and effective workout designed to work the whole body from the inside out. This class is appropriate for complete beginners or seasoned yoga practitioners. Whether you want to lose weight, improve tone, heal injuries or sleep better, this is the class for you. We heat the room, so be prepared to work hard and sweat! We hope to see you soon.

Auto Debit <small>(mat storage included)</small>	
12 Month Commitment <small>(set-up fee applies, along with first and last month)</small>	\$117/mo
Monthly Unlimited	\$165/mo
2 Month Unlimited <small>(\$300 in advance)</small>	\$150/mo
Yearly Membership <small>(mat storage included)</small>	\$1375
10 Class Card <small>(valid 3 months)</small>	\$150
30 Class Card <small>(valid 6 months)</small>	\$360
Single Class	\$20
Introductory Offer <small>(weekly unlimited)</small>	\$20
Under 25 Student Single	\$10
Under 25 Student Monthly	\$100
Under 13 <small>(when accompanied by a parent)</small>	Free

NO REFUNDS, TRANSFERS OR EXTENSIONS