

Fall Schedule 2026

Weekly Classes • Sept 20 – Dec 31



Bohemian Bliss
YOGA

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9am						YOGA SCULPT Dawn	HATHA YOGA Jaybe
9:30am						SATURDAYS IN THE WOODS Occasional Sat/Sun Alternating Instructor	SNOWSHOE SNOWGA Occasional Sat/Sun Alternating Instructor
10am	HATHA YOGA Sara		VINYASA Jen		VINYASA YOGA Amber		
10:15am						HATHA YOGA Jen	VINYASA YOGA Jenna
11:30am						KIDS YOGA 6 Week Series Terri	PUPPY YOGA Occasional Sat/Sun Alternating Instructor
12pm		HATHA YOGA & TEA Jen					
1:30pm				VINYASA YOGA Sara			
6pm	PRENATAL YOGA 6 Week Series Alex	VINYASA YOGA Mil	HATHA YOGA Melly	PILATES YOGA Amber	CANDLELIGHT YIN YOGA Richard		
7pm							RESTORATIVE YOGA Ally
7:15pm	ASHTANGA YOGA Alex	YIN YANG YOGA Richard	VINYASA YOGA Jenna	YIN YANG YOGA Ally	WORKSHOPS Alternating Workshops Alternating Instructor		

📍 All classes run at **Whitby Studio** & are live-streamed Online* 100 Dundas St. Whitby, 4 corners Brock & Dundas Floor 3

Weekly Classes are included in Unlimited Memberships, Bliss Packs, Class Passes & Drop ins.
Programs, Series, Workshops & Events are purchased separately,
Unlimited Members get 25% off.

📱 Light Purple = Programs, Series & Workshops
Schedule subject to change. See updates at bohemianblissyoga.com or on the BBY App.