



# BIKRAM YOGA

kitchener | waterloo

## FREE YOGA in January for all Firefighters in the Waterloo Region!

“Regardless of your age or current physical condition you’ll laugh, cry, moan, groan, sweat and experience the most exciting, hard working and effective therapeutic yoga routine in the world”

*Bikram Choudhury*

Class Schedule (\*ladies only)

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00AM	●	●	●	●	●		
8:00AM						●	
9:30AM	●	●	●	●	●		
10:00AM						●	●
12:00PM	●	●	●	●	●		●
1:00PM						*	
4:00PM	●	●	●	●	●	●	●
6:00PM	●	●	●	●	●		●
8:00PM	●	●	●	●			

Voted "Best Yoga Studio" and "Best Yoga Teacher" in the Waterloo Region  
(2009 and 2010 Echo Reader's Choice Awards)

663 Belmont Ave. West | 519.749.9888 | [www.bikramyogakw.com](http://www.bikramyogakw.com)