



April Yoga Schedule

Childcare Available Tues/Thurs 9-11 A.M.

Weekdays: 6:00 A.M. - 9:00 P.M.
 Weekends: 8:00 A.M. - 6:00 P.M.
 Phone: 905-648-4571

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		Rise and Shine Yoga Pamela VIRTUAL ONLY		Rise & Shine Yoga Jackee VIRTUAL ONLY			
9:00 AM							Vinyasa Flow Level 2 Jackee Level-Challenging IN PERSON ONLY
9:15 AM	Yoga Flow All Levels Jackee VIRTUAL ONLY	Yoga Flow All Levels Sharon IN PERSON AND VIRTUAL			Yin Yoga Pamela IN PERSON AND VIRTUAL	Yoga Flow Heather B IN PERSON AND VIRTUAL	
9:30 AM	Yoga Flow All Levels Stephanie IN PERSON ONLY			Yoga Flow All Levels Stephanie IN PERSON AND VIRTUAL			
10:30 AM			Yoga Flow All Levels Dawn IN PERSON AND VIRTUAL		Yoga Flow All Levels Dawn IN PERSON AND VIRTUAL		Yoga Flow All Levels Jackee IN PERSON AND VIRTUAL
10:45 AM	Mom & Baby Yoga Steph IN PERSON ONLY						
11:30 AM			30 minute Guided Meditation Dawn IN PERSON AND VIRTUAL		All Yoga classes are held in Studio One		
6:00 PM		NEW CLASS! Yoga Basics All Levels w/ Jackee IN PERSON AND VIRTUAL		6:00 PM Studio Rental	5:30 Studio Rental		This colour = new classes
7:00 PM	7:15PM All Levels Strength & Mobility Yoga Effie IN PERSON AND VIRTUAL	Vinyasa Flow Level-Challenging Jackee IN PERSON AND VIRTUAL	Candlelit Flow & Unwind Level-Gentle Holly IN PERSON AND VIRTUAL	NEW CLASS! Yoga Flow All Levels Amanda IN PERSON AND VIRTUAL			
8:15 PM		Restorative Level-Gentle Steph IN PERSON ONLY			8PM Studio Rental		