

Monday

9:15-10:15 am	Hot Power	Julie
10:45-11:45 am	Warm Yin	Julie
12:00-1:00 pm	Gentle Hatha	Barbara
5:00-6:00 pm	Hatha	Dawn-Marie
6:15-7:15 pm	Hot Power Basics	Julie
7:30-8:30 pm	Warm Restorative Yin	Julie

Tuesday

9:15-10:15 am	Warm Iron Yoga	Julie
10:45-11:30 am	Mommy & Me Yoga	Penny
12:00-1:00 pm	Hatha/Yin	Penny
5:00-6:00 pm	Warm Power All Levels	Julie
6:15-7:15 pm	Hatha Basics	Julie
7:30-8:30 pm	Yin	Mary-Heather

Wednesday

9:15-10:15 am	Yin	Heather
10:45-11:45 am	Chair Yoga	Penny
12:00-1:00 pm	Warm Power Basics	Bronwyn
5:00-6:00 pm	Yin	Heather
6:15-7:15 pm	Pre/Post natal	Vanessa
7:30-8:30 pm	Hot Power	Heather

Thursday

9:15-10:15 am	Power All Levels	Heather
10:45-11:45 am	Hatha	Heather
12:00-1:00 pm	Restorative Yin	Cindi
5:30-6:30 pm	Hatha All-Levels	Mary-Heather
6:45-7:45 pm	Hot Power Basics	Samantha
8:00-9:00 pm	Goodnight Warm Yin	Tanya

Friday

9:15-10:15 am	Hatha Basics	Barbara
10:45-11:45 am	Hot Power	Julie
12:00-1:00 pm	Warm Yin	Julie
5:30-6:30 pm	Pre/Teen Yoga	Julie
7:00-8:00 pm	Meditation & Relaxation	Tessa Joy

Saturday

8:00-9:15 am	Hot Power	Heather
9:45-10:45 am	Hatha Basics	Heather
11:00-12:00 am	Yin	Julie

Sunday

9:00-10:15 am	Hatha	Judy
10:45-11:45 am	Yoga Warriors	Judy
12:00-1:00 pm	Pre/Post natal	Various Teachers
1:30-2:45 pm	Gentle Hatha	Barbara
3:00-4:00 pm	Family Yoga	Penny
4:30-5:30 pm	Hot Power	Ellen
6:00-7:00 pm	Yin & Meditation	Tessa Joy

