

Effective March 29th, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:15 Gentle Yoga Kim	9:15 - 10:15 Hatha Diane L.	9:15 - 10:15 Gentle Yoga Glenda	9:15 - 10:15 Gentle Yoga Diane M.	9:15 - 10:30 Yin Yang Diane L.	9:00 - 10:00 Hatha Diane L.	9:00 - 10:00 Sky Hatha Roberta
9:30 - 10:30 Yoga Flow Su		9:45 - 10:45 Mom and Baby* Registered Session	9:30 - 10:30 Pilates Carole H.		9:15-10 15 Pilates Anita	9:30 - 10:30 Power Yoga Huynjoo
	10:30 - 11:45 Restorative Yoga Dawn-Marie	10:30 - 11:45 Yin Yoga Su		10:30 - 11:30 Gentle Yoga Roberta	10:15 - 11:15 Gentle Yoga Diane L.	10:15 - 11:15 Gentle Yoga Roberta
	12:30 - 1:30 BCA** <a href="http://www.bcaott.ca">www.bcaott.ca</a>			11:30 - 12:30 BCA** <a href="http://www.bcaott.ca">www.bcaott.ca</a>	10:30 - 11:45 Yoga for your Knots Terri	11:00 - 12:00 Kids Yoga* Registered Program
	1:00 - 2:00 Gentle Yoga Diane M.	1:00 - 2:15 Stress Redux Richard	1:00 - 2:00 Gentle Yoga Suzanne			
5:00 - 6:00 Hatha Carole H.	5:30 - 6:30 Pilates Carol Y.		5:30 - 6:30 Yoga Fusion Carole H.			
6:00 - 7:00 Yin Yoga Richard		6:00 - 7:00 Yoga Flow Huynjoo	6:00 - 7:15 Yoga for Golfers* Registered Session			
6:15 - 7:15 Prenatal Yoga* Registration Required						
6:30 - 7:30 Yoga For Full Figures* Registration Required	6:45 - 7:45 Yoga Flow Su	6:30 - 7:30 Yoga For Full Figures* Registered Session	6:45 - 7:45 Hatha Melanie/Teen option*			
7:15 - 8:30 Stress Redux Richard		6:45 - 7:45 Restorative Series* Registered Program				
7:30 - 8:30 Meditation Series* Registration Required	7:30 - 8:30 Hatha Tara	7:15 - 8:15 Sky Gentle Yoga Christie	7:30 - 8:45 Yin and Meditation Brian			
7:45 - 8:45 Power Yoga Roberta	7:45 - 8:45 Yoga for your Soles* Registered Program	7:45 - 8:45 Hatha Yoga Roberta				

Check our website for Workshops and Special Events. Schedule subject to change.

\*\*BCA Breast Cancer Action is a private class. Please register at [www.bcaaction.org](http://www.bcaaction.org)  
\*Registration and separate fee is required. \*Designated Teen Option. Teen Drop-In \$10.