

Class Schedule - Effective January 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 In-Studio Gentle Yoga Flow Alison	9:00 - 10:00 In-Studio Nia Ann	9:00 - 10:00 In-Studio Gentle Yoga Julia	9:00 - 10:00 In-Studio Gentle Yoga Diane	9:00 - 10:00 In-Studio Gentle Yoga Alison	9:00 - 10:00 Virtual/In-Studio Gentle Yoga Julia	9:00 - 10:00 Virtual/In-Studio Gentle Hips Dawn-Marie
9:30 - 10:30 Virtual/In-Studio Core & More Dawn-Marie	9:30 - 10:30 Virtual/In-Studio Gentle Yoga Cathy	9:30 - 10:30 Virtual/In-Studio Gentle Flow and Yin New! Joseph	9:30 - 10:30 Virtual/In-Studio Hatha Yoga Marie-Lyne	9:30 - 10:30 Virtual/In-Studio Gentle Yoga Flow Glenda	9:15 - 10:15 In-Studio Yoga Flow 2-3 Marie-Lyne	9:15 - 10:15 In-Studio Yoga Flow 1-2 Diane
10:45 - 11:45 Virtual/In-Studio Gentle & Restorative Dawn-Marie	10:45 - 11:45 Virtual/In-Studio Pilates Fusion Cathy	10:45 - 12:00 In-Studio Restore & Align Michael	10:45 - 11:45 Virtual/In-Studio Yoga Tone Marie-Lyne	10:45 - 11:45 Virtual/ In-Studio Yoga on the Ball New! Michael	10:30 - 11:30 Virtual/In-Studio Barrelates Anita	10:30 - 11:30 Virtual/In-Studio Yin Yoga Diane
12:00 - 1:00 Virtual/In-Studio Chair Yoga Lisa		12:00 - 1:00 Virtual/In-Studio Gentle Hips New! Dawn-Marie		12:00 - 12:45 In-Studio Zumba Christine	<h2 style="margin: 0;">Upcoming Workshops</h2> <p style="margin: 10px 0;">Tai Chi Try-Me Class with Jürgen Wednesday, January 18 6:30 p.m. to 7:30 p.m</p> <p style="margin: 10px 0;">Gong Sound Bath with Jennifer Sunday, January 22 12:00 p.m. to 1:00 p.m.</p> <p style="margin: 10px 0;">Yoga for Beginners with Julia Mondays: January 23 to February 13 6:30 p.m. to 7:30 p.m.</p> <p style="margin: 10px 0;">Manifesting Intention Series with Brian Thursdays: January 26 to February 9 7:00 p.m. to 8:00 p.m.</p>	
	1:00 - 2:00 In-Studio Gentle Yoga Flow Tina		1:00 - 2:15 Virtual/ In-Studio Gentle Somatic Yoga Glenda	1:00 - 2:00 Virtual/In-Studio Yin Yoga New! Glenda		
5:30 - 6:30 Virtual/In-Studio Hatha Yoga Su	5:30 - 6:15 In-Studio Zumba Christine	5:30 - 6:30 Virtual/In-Studio Yogalates Anita	5:30 - 6:30 Virtual/In-Studio Yoga Fusion Ivana			
7:00 - 8:00 Virtual/In-Studio Gentle Yoga Flow & Let Go Su	7:00 - 8:15 Virtual/In-Studio Yin & Meditation Brian	7:00 - 8:00 Virtual/In-Studio Gentle & Restorative New! Christina	7:00 - 8:00 Virtual/In-Studio Gentle Yoga with Nidra Julia			
Schedule Subject to Change. *Registration and separate fee may be required.						