

Class Schedule - Effective May 11



3-66 Hearst Way, Kanata Ontario
613-591-9642

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 Shelley	9:00 - 10:00 In-Studio Gentle Yoga Diane	9:00 - 10:00 In-Studio Balance, Stength & Stretch Yoga Alison	9:00 - 10:00 Virtual/In-Studio Gentle Yoga Julia	9:00 - 10:00 Virtual/In-Studio Happy Hips Fitness Dawn-Marie		
9:30 - 10:30 Virtual/In-Studio Core & More Fitness Dawn-Marie	9:30 - 10:30 Virtual/In-Studio Gentle Yoga Cathy	9:30 - 10:30 Virtual/In-Studio Gentle Flow and Yin Joseph	9:30 - 10:30 Virtual/In-Studio Core & More Fit New! Dawn-Marie	9:30 - 10:30 Virtual/In-Studio Gentle Yoga Flow Glenda	9:15 - 10:15 In-Studio Yoga Flow 2-3 Ivana	9:15 - 10:15 In-Studio Yoga & Meditation Diane		
10:30 - 11:15 Guided Relaxation & Crystal Bowl Sound Bath Glenda	10:45 - 11:45 Virtual/In-Studio Pilates Fusion Cathy	10:45 - 12:00 In-Studio Restore & Align Yoga Michael	10:45 - 11:45 Virtual/In-Studio Stretch Band Yoga New! Michael	10:45 - 11:45 Virtual/ In-Studio Yoga on the Ball Michael	10:30 - 11:30 Virtual/In-Studio Pilates Fusion Anita	10:30 - 11:30 Virtual/In-Studio Yin Yoga Diane		
10:45 - 11:45 Virtual/In-Studio Gentle Yoga Dawn-Marie		12:00 - 1:00 Virtual/In-Studio Happy Hips Fitness Dawn-Marie		12:00 - 12:45 In-Studio Zumba Christine	<p>Upcoming Workshops *</p> <p>Tai Chi Try-it Class with Jurgen Wednesday, May 24 6:30 p.m. to 7:30 p.m.</p> <p>Gong Sound Bath with Jennifer Sunday, May 28 12:30 p.m. to 1:30 p.m.</p> <p>Intro to Belly Dancing with Sharon Thursdays, June 1 to June 22 12:00 p.m. to 12:45 p.m.</p> <p>Yoga for Tennis Players with Ivana Mondays, June 5 to June 26 6:45 p.m. to 8:00 p.m.</p>			
12:00 - 1:00 Virtual/In-Studio Chair Yoga Lisa	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 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	6:00 - 7:00 In-Studio Somatic Yin Yoga Brian					
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 Christina	7:30- 8:30 Virtual/In-Studio Gentle Yoga with Nidra Julia					
Schedule Subject to Change. *Registration and separate fee may be required.								