

Class Schedule - Effective November 9, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Gentle Yoga Flow Joseph	9:15 - 10:15 Nia Caroline	9:00 - 10:00 Gentle Yoga Shelley	9:00 - 10:00 Gentle Yoga Diane	9:00 - 10:00 Balance, Strength & 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 Core & More Fit Dawn-Marie	9:30 - 10:30 Virtual/In-Studio Gentle Yoga Flow Laura	9:15 - 10:15 Yoga Flow 2-3 Marie-Lyne	9:15 - 10:15 Yoga Flow 1-2 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 Restore & Align Yoga 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 & Restorative Dawn-Marie	12:00 - 1:00 Restorative Yoga Glenda	12:00 - 1:00 Virtual/In-Studio Happy Hips Fitness Dawn-Marie		12:00 - 12:45 Zumba Gold Christine		
12:00 - 1:00 Chair Yoga Lisa			1:15 - 2:30 Gentle Somatic Yoga Glenda	1:00 - 2:00 Yin Yoga Glenda	<p>Upcoming Workshops *</p> <p>Somatic Yin with Brian Monday, November 20 7:15 p.m. to 8:45 p.m.</p> <p>Mandala Stone Art with Victoria Sunday, November 26 1:00 p.m. to 4:00 p.m.</p> <p>Gong Sound Bath with Jennifer Monday, November 27 7:30 p.m. to 8:30 p.m.</p> <p>Beyond Community Celebration Sunday, December 3 3:00 p.m. to 4:30 p.m.</p>	
5:30 - 6:30 Hatha Yoga Su	5:15 - 6:00 Zumba Gold Christine	5:30 - 6:30 Virtual/In-Studio Yogalates Anita				
5:45 - 6:45 Gentle Yoga Ivana	6:00 - 7:00 Hatha Yoga Justine		6:00 - 7:00 Hatha Yoga Brian			
7:00 - 8:00 Virtual/In-Studio Flow & Let Go Su	7:00 - 8:15 Virtual/In-Studio Yin & Meditation Brian	7:00 - 8:00 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.						