



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

Winter Schedule - Effective January 8, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00	9:15 - 10:15	9:00 - 10:00	9:00 - 10:00		9:00 - 10:00	9:00 - 10:00
Gentle Yoga Flow	Nia	Gentle Yoga	Gentle Yoga		Gentle Yoga (V)	Happy Hips Fitness (V)
Joseph	Natasha	Shelley	Diane		Brian	Dawn-Marie
9:30 - 10:30	9:30 - 10:30	10:30 - 11:30	9:30 - 10:30	9:30 - 10:30	9:15 - 10:15	9:15 - 10:15
Core & More Fit (V)	Gentle Yoga (V)	Fitness Fusion New!	Core & More Fit (V)	Yoga Flow 1-2 (V) New!	Yoga Flow 2-3	Yoga Flow 1-2
Dawn-Marie	Cathy	Shelley	Dawn-Marie	Glenda	Julia	Diane
10:30 - 11:15	10:45 - 11:45	10:45 - 12:00	10:30 - 11:30	10:30 - 11:30 New Time!	10:30 - 11:30	10:30 - 11:30
Guided Relaxation & Crystal Bowl Sound Bath	Pilates Fusion (V)	Restore & Align Yoga	Nia New Time!	Balance, Strength & Stretch Yoga	Barrelates Mix (V) New!	Yin Yoga (V)
Glenda	Cathy	Michael	Ann	Alison	Anita	Diane
10:45 - 11:45		12:00 - 1:00		12:00 - 12:45		
Gentle & Restorative (V)		Virtual/In-Studio Happy Hips Yoga New!		Zumba Gold		
Dawn-Marie		Darlene		Christine		
12:00 - 1:00	1:00 - 2:00		1:00 - 2:15	1:00 - 2:00	Upcoming Workshops * Tai Chi Try-It Class with Jürgen Wednesday, January 17 6:30 p.m. to 7:30 p.m. Yoga for Beginners with Julia Rose Mondays, January 22 to February 12 7:15 p.m. to 8:15 p.m. Vision Board Energy Workshop with Julia Long Sunday, January 28 1:00 p.m. to 5:00 p.m. Heal Your Life® Transformational Program with Tina D'Angelo	
Chair Yoga	Gentle Yoga Flow New!		Gentle Somatic Yoga	Yin Yoga		
Lisa	Diane		Glenda	Glenda		
5:30 - 6:30	5:30 - 6:30	5:30 - 6:30				
Hatha Yoga	Yoga for Hips & Core	Yogalates (V)				
Su	Justine	Anita				
5:45 - 6:45			6:00 - 7:00			
Gentle Yoga			Hatha Yoga			
Ivana			Michael			
7:00 - 8:00	7:00- 8:15	7:00 - 8:00	7:30 - 8:30			
Flow & Let Go (V)	Yin & Meditation (V)	Yin & Restorative New!	Gentle Yoga with Nidra (V)			
Su	Brian	Christina	Julia			

Schedule Subject to Change. *Registration and separate fee may be required.

Upcoming Workshops *

Tai Chi Try-It Class with Jürgen

Wednesday, January 17

6:30 p.m. to 7:30 p.m.

Yoga for Beginners with Julia Rose

Mondays, January 22 to February 12

7:15 p.m. to 8:15 p.m.

Vision Board Energy Workshop with

Julia Long

Sunday, January 28

1:00 p.m. to 5:00 p.m.

Heal Your Life® Transformational

Program with Tina D'Angelo

Saturday & Sunday, February 3-4

11:00 a.m. to 7:00 p.m.