



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

Summer Schedule - Effective June 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00
Gentle Yoga Flow	Yoga Flow 1-2 New!	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga	Happy Hips Fitness
Julie	Basia	Shelley	Diane	Darlene	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	Gentle Yoga	Fitness Fusion	Core & More Fit	Pilates Fusion	Yoga Flow 1-2	Yoga Flow 1-2
Dawn-Marie	Cathy	Shelley	Dawn-Marie	Shelley	Julia L.	Ksenia
10:45 - 11:45	10:15 - 11:15	10:45 - 12:00	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30
Restorative Yoga	Qigong Flow	Restore & Align Yoga	Yin Yoga	Balance, Strength & Stretch Yoga Level 2	Barrelates Mix	Gentle Yoga
Dawn-Marie	Glenda	Michael	Diane	Alison	Anita	Ksenia
12:00 - 1:00	10:45 - 11:45	12:00 - 1:00		12:00 - 12:45	10:30 - 11:30 New Time!	10:30 - 11:30
Chair Yoga	Pilates Fusion	Hatha Yoga		Zumba Gold	Gentle & Restorative	Yin Yoga
Darlene	Cathy	Jen		Christine	Christina	Diane
	12:00 - 1:00	1:00 - 2:00	1:00 - 2:15	1:00 - 2:00		
	Gentle Yoga Flow	Balance, Strength & Stretch Yoga (all levels)	Gentle Somatic Yoga	Yin Yoga		
	Diane	Darlene	Glenda	Basia		
5:30 - 6:30	6:00 - 6:45				Upcoming Workshops & Events* Intro to Standing Meditation with Glenda Friday, August 7 10:45 a.m. to 11:45 a.m. Nia Dance Fitness with Natasha Thursday, August 13 12:00 p.m. to 12:45 p.m. Strings & Stillness: Live Cello with Restorative Yoga with Glenda & Paula Thursday, August 13 7:00 p.m. to 8:15 p.m.	
Hatha Yoga	Foam Roller Relief & Stretch New!					
Su	Shelley					
6:00 - 7:00	7:00 - 8:15	6:00 - 7:00 New Time!	6:00 - 7:00			
Fitness Fusion	Yin & Meditation	Yoga Flow 1-2	Gentle Flow & Yin New!			
Ivana	Brian	Julia L.	Julia			
7:00 - 8:00	7:15 - 8:15 New Time!	7:15 - 8:15 New Time!	7:15 - 8:30 New Time!			
Gentle Flow & Let Go	Yoga Flow 1-2	Gentle Yoga	Gentle Yoga & Yoga Nidra			
Su	Ksenia	Julia L.	Julia			
Schedule Subject to Change. *Registration and separate fee may be required. Class descriptions available on website.						