



Weekly Class Schedule Summer 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7							
8			8:30-9:45am 'Victory' Yoga (Hilary)				8:30-10am Power Vinyasa/Toxin Release (Hilary)
9							
10		10-11:15am Fundamental Practice (Roz, Staff)			10 - 11:15am Low Down Stretch (Twylah, Staff)	10-11:15am Balance (Staff)	10:15-11:30am Fundamentals (Robin, Maggie, Michelle, Staff)
11							
12							
1							
2	<i>Pre-Natal Yoga 2-3:30pm (Select Dates)</i>						Workshops, Special Events, or Teacher Training <i>Another Face Yoga Series coming soon!</i> 200 HOUR YTT BEGINS AUGUST 2, 3, 4
3							
4	<i>Community Class on hiatus until October (select dates in July/Aug)</i>						
5	<i>Candlelight Yin on hiatus until late September</i>	6 - 7:00pm Workingman's Yoga (Men's Class) (Robin, Staff)	5:30-6:45pm Gentle Restorative (Twylah)		PRIVATE BOOKING		
6					6 - 7:15pm Yoga Intro/ Fundamentals (Ann, Darcie)	6 – 7:15 pm Core Strengthening (Maggie)	<i>Fourth Friday Family Yoga (Check MindBody for dates)</i>
7		7:15 - 8:30pm Monday Mix (Robin, Estelle, Karine, Maggie)	7 - 8:15pm Come to Your Senses (Staff)		7:30-8:45pm Social Barre (Robin, Staff)		

**PLEASE HELP US TO KNOW YOU ARE COMING!
REGISTER FOR YOUR CLASS WHENEVER POSSIBLE.**