



Winter 2018

January 2nd to April 29th

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|---|--|--|
| | | | | | 8:15 – 9:30 AM Vinyasa Flow MARTHA | 9:00 – 10:15 AM Yin Yoga SUE |
| 9:00 – 10:15 AM Vinyasa Flow MARTHA | 9:30 – 10:45 AM Yoga Prehab MARLA | 9:00 – 10:15 AM Vinyasa Flow MARTHA | 9:30 – 10:45 AM Hatha NANCY/BARB | 9:00 – 10:15 AM Vinyasa Flow BARB | 10:00 – 11:15 AM Gentle Hatha MARTHA | 10:30 – 11:45 AM Hatha Flow VAL |
| 10:30 – 11:45 AM Restore & Align MICHAEL | | 10:30 – 11:45 AM Yoga on the Ball MICHAEL | | 10:30 – 11:45 AM Restore & Align MICHAEL | 11:30 AM – 12:45 Qigong MICHAEL | |
| 12:00 – 1:00 PM Hatha Flow BARB | 12:00 – 1:00 PM Yin & Yang MARLA | 12:00 – 1:00 PM Body Rolling MICHAEL | 12:00 – 1:00 PM Gentle Hatha TRICIA | 12:00 – 1:00 PM TGIF VAL | <p><i>SPECIAL PROGRAMS</i></p> <p><i>Yoga for Anxiety & Depression</i></p> <p><i>Yin Yoga Teacher Training</i></p> <p><i>200-Hour Yoga Professional Certification</i></p> <p><i>Silent Yoga & Meditation Retreat in Alberta</i></p> | |
| 5:30 – 6:45 PM Hatha Flow MARLA | 5:45 – 7:00 PM Classical Hatha MICHAEL | 5:30 – 6:45 PM Yoga Mix See BELOW | 5:45 – 7:00 PM Yin & Meditation MARLA | | | |
| 7:00 – 8:15 PM Restore & Align MICHAEL | 7:15 – 8:30 PM Yin & Restorative TRICIA | 7:00 – 8:15 PM Yin & Aromatherapy BARB | 7:15 – 8:30 PM Yoga at the Wall MICHAEL | | | |

YOGA MIX: January 3 to April 25, 2018

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| January 3 | Mindful Flow | Yanira | March 7 | Gentle Hatha & Meditation | Colette |
| January 10 | Mindful Flow | Yanira | March 14 | Gentle Hatha & Yoga Nidra | Colette |
| January 17 | Mindful Flow | Yanira | March 21 | Chakra Yoga | Natasha |
| January 24 | Core Focus Yoga | Terry | March 28 | Chakra Yoga | Natasha |
| January 31 | Core Focus Yoga | Terry | April 4 | Chakra Yoga | Natasha |
| February 7 | Core Focus Yoga | Terry | April 11 | Chakra Yoga | Natasha |
| February 14 | Heart Opening Hatha | Barb | April 18 | Chakra Yoga | Natasha |
| February 21 | Gentle Hatha & Meditation | Colette | April 25 | Chakra Yoga | Natasha |
| February 28 | Gentle Hatha & Yoga Nidra | Colette | | | |