



VIRTUAL Schedule

Fall 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 – 8:00 AM Sunrise Yoga VALERIE		6:30 – 8:00 AM Sunrise Yoga VALERIE		7:00 – 8:15 AM Back to Centre SUE		
					8:00 – 9:15 AM Simply Yoga MARLA	8:00 – 9:15 AM Yin Yoga SUE
9:00 – 10:15 AM Simply Stretch MARLA	9:00 – 10:15 AM Simply Yoga MARLA	9:00 – 10:15 AM Gentle Therapeutic DEIRDRE	9:00 – 10:15 AM Simply Yoga MARLA			
4:00 – 5:00 PM Yin & Yoga Nidra MARLA		4:00 – 5:00 PM Yoga Core Integration KATHRYN	4:00 – 5:00 PM Yin & Meditation LESLIE			
	7:00 – 8:15 PM Restorative Yoga LINDA		7:00 – 8:15 PM Restorative Yoga LISA	7:00 – 8:15 PM Yin Yoga LISA		7:00 – 8:15 PM *Restorative Yoga LINDA

*Fall Schedule Begins September 8th

*Schedule may be altered for holiday weekends

*View real time changes, notifications, cancellations or substitute teachers on the website

*Scheduled classes are live streaming video where possible

*Pre-recorded class links will be provided in the instance of instructor unavailability

*There will be occasions when virtual technology becomes unreliable... please know that we will always do our best!

*Fall Restorative
6 Weeks: Sept 20 – Oct 25