



# VIRTUAL Schedule

Fall 2020

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

\*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