

APRIL 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|---|---|
| 9:00 - 10:15am Yoga Pilates FLOW Cathy Hanan | 9:00 –10:30am Hatha Yoga Marie Allison | 9:00 - 10:15am Hatha Flow Kelly Urquhart | 9:00 - 10:15am Yoga Pilates FLOW Cathy Hanan | 9:00 –10:30am HATHA YOGA Janet Budden | 8:45 – 10:00am Yin Yoga & Somatics Monica Crane | 9:00 - 10:30am HATHA YOGA Janet Budden |
| 10:30 - 12:00pm SOMATIC EVOLUTION Monica Crane | 11:00—12:15pm Yoga for Better Bones & Balance Marie Allison | 10:30—12:00pm SOMATIC EVOLUTION Monica Crane | 11:00am—12:15pm 'Restore the Core' SOMATICS Arlene Curry | 11:00am—12:15pm MOVING MINDFULLY (ON THE MAT) Kathryn Hodgson | 10:15 –11:15am ZUMBA Ximena Londono/ Sandra Lamplugh | 11:00—12:15pm 'Restore the Core' SOMATICS Arlene Curry |
| | | | | | 11:30am—12:45pm HATHA Yoga Maree Metcalf | |
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| | | | | 3:00—4:15pm Yoga & Meditation for Teen Girls Apr 6—June 22 REGISTER! | | |
| 6:00—7:15pm CORE FLOW Kelly Urquhart | 6:00—7:00pm YOGAHOOR® Chantelle Shah-Poulin | 6:00—7:15pm HATHA Flow Lynsay Pacey | 5:30—6:30pm Yoga Pilates Flow Alexandra Pony | 5:30 –6:45pm HATHA Flow Melanie Talson | | |
| 7:30 – 8:45pm CANDLELIGHT YIN YOGA Lynsay Pacey | 7:15—8:30pm DEEP HEALING YOGA Linda Shore | DROP IN! 7:30—8:45pm Yoga for Men For Men Till Apr18 | 7:00—8:15pm YIN Yoga for Spring Maree Metcalf | | | |