

JULY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<i>NEW!</i> 6:00—7:00am HIIT Amy Mitchell				<i>NEW!</i> 7:30—8:30am HIIT Amy Mitchell	
9:00 - 10:15am Yoga Pilates FLOW Cathy Hanan	9:00—10:30am Traditional 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 APPLIED SOMATICS Kathryn Hodgson	10:15 –11:15am ZUMBA Ximena Londono/ Sandra Lamplugh	11:00—12:15pm ‘Restore the Core’ SOMATICS Arlene Curry
	<i>NEW!</i> 4:00—5:00pm ZUMBA for BEGINNERS Sandra Lamplugh					
6:00—7:15pm CORE FLOW Kelly Urquhart	<i>NEW!</i> 5:30 –6:45pm HATHA Flow Michele Archibald	6:00—7:15pm HATHA Slow Flow Lynsay Pacey	5:30—6:30pm Yoga Pilates Flow Alexandra Pony	<i>NEW!</i> 5:30 –6:45pm HATHA Flow Michele Archibald		
7:30 – 8:45pm YIN YOGA Lynsay Pacey			7:00—8:15pm YIN YOGA Maree Metcalf			