

BREATHING SPACE MIND & BODY STUDIO 7167 W Saanich Rd Brentwood Bay **OCTOBER SCHEDULE**

*check website to confirm classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30am Energizing Yoga: (starts Oct 3) Kaeley						
9:00-10:15am Yoga/Pilates FUSION Cathy	9:00-10:30am Hatha Yoga All-levels Monica	9:00-10:30am Gentle Yoga Gail	9:00-10:15am Yoga/Pilates FUSION Cathy	9:00-10:30am Hatha Yoga All-levels Monica	8:30 - 9:45am YIN FLOW YOGA All levels Sharon	8:30am - 9:30am Callanetics Charlene
10:30 - 12:00pm Restorative Hatha Flow Gail			10:30 - 12:00pm Yoga level 1 Monica		10:15-11:15am Zumba Sandra	10:00 - 11:30pm Hatha Yoga All-levels Bev
					11:30am - 12:45pm Gentle Yoga Gail	11:45am - 1:00pm Pre Natal Yoga Amanda (Start TBA)
3:30 - 4:45pm Yoga Hatha Flow Denise			3:45 - 4:45pm Callanetics Charlene			
5:00 - 6:00pm Groove Fitness Rhiannon	5:00 - 6:00pm Callanetics Charlene	5:30 - 6:30pm Zumba Lisa	5:30 - 6:30pm Nia Rhonda	6:00 - 7:15pm Hatha Yoga all levels Kris		
6:15 - 7:15pm Yoga/Pilates FUSION Cathy	6:15 - 7:30pm Hatha Yoga: Kunda Sutrananda	6:45 - 7:45pm Yoga Core Fusion Lisa	6:45 - 8:00pm Flow Yoga level 2 Cathy/Sandy			
7:30 - 9:00 Yin Yoga Monica	7:45 - 9:15pm Women's Meditation & Self-Awareness Carolyn					

CHECK WEBSITE FOR HOLIDAY HOURS & UP-DATES (SCHEDULE SUBJECT TO CHANGE)