






Autumn 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8-9am <b>Morning Vinyasa</b> <i>Amber Lagace</i>
9-10am <b>Sunday Flow</b> <i>Lisa Matteo</i>	9:30-10:30am <b>Rise + Shine</b> <i>Megs Bennett</i>	9:30-10:30am <b>Mindful Flow</b> <i>Jen Vince</i>	9:30-10:30am <b>Morning Mobility</b> <i>Jen Vince</i>	9:30-10:30am <b>Divine Align</b> <i>Megs Bennett</i>	9:30-10:30am <b>Flow + Go</b> <i>Heather Fenton</i>	
	11am-Noon <b>Gentle Yoga</b> <i>Megs Bennett</i>	10:45-11:30am <b>Preschool Yoga</b> (Sept 19-Oct 24 and Nov 7-Dec 12) <i>Jo Moore</i>		11am-Noon <b>Gentle Yoga</b> <i>Megs Bennett</i>		10-11am <b>Kids' Yoga</b> (Sept 30-Nov 4 and Nov 7-Dec 16) <i>Jo Moore</i>
	5:30-6:30pm <b>Evening Mobility</b> <i>Jo Moore</i>	6-7pm <b>Evening Hatha</b> <i>Lisa Matteo</i>	5:30-6:30pm <b>Vinyasa Flow</b> <i>Amber Lagace</i>	5:30-6:30pm <b>Expressive Dance</b> <i>Logan Willick</i>		
7-8:30pm <b>Jnana Yoga Satsang</b> (Bi-monthly on 1st and 3rd Sundays) <i>Michael Fenton</i>	7-8pm <b>Beginning Yoga</b> (Sept 18-Oct 30 and Nov 6-Dec 11) <i>Jen Vince</i>		7-8:30pm <b>Mindfulness Meditation</b> <i>Heather Fenton</i>	7-8:15pm <b>Evening Hatha</b> <i>Heather Fenton</i>		

-  **Weekly Class**
-  **Pre-registered Course\***
-  **Bi-monthly Class**  
(Satsang is offered freely by donation on the 1st and 3rd Sunday each month)

\* Interested in one of our pre-registered courses, but missed the start of a session? Ask us about joining mid-series at a pro-rated amount.