



SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
					NEW TIME! Starts June 29	9am (60 mins)  Saturday Flow <i>Lisa Matteo</i>
NEW CLASS! Starts July 7						
9:30am (60 mins) Satsang Meditation <i>Michael Fenton</i>	9:30am (60 mins) Rise + Shine <i>Megs Bennett</i>		9:30am (60 mins) Fresh Flow <i>Arlene Dezenosky</i>	9:30am (60 mins) Divine Align <i>Megs Bennett</i>	9:30am (75 mins) Insight Yoga <i>Caroline Sorel</i>	
11am (75 mins) Soul Flow <i>Caroline Sorel</i>	11am (60 mins) G Gentle Yoga <i>Megs Bennett</i>			11am (60 mins) G Gentle Yoga <i>Megs Bennett</i>		
			NEW TIME! Starts July 3			
		6pm (75 mins) Evening Hatha <i>Caroline Sorel</i>	5:45pm (60 mins)  Vinyasa Flow <i>Caroline Sorel</i>			
	NEW SESSION! Starts July 3					
	7pm (75 mins) Continuing Yoga (Jul 8 - Jul 29) <i>Caroline Sorel</i>		7pm (90 mins) Insight Meditation <i>Heather Fenton</i>	7pm (75 mins) Insight Yoga <i>Caroline Sorel</i>		

 **Weekly Class*** (drop-in, class pass or membership)

 **Weekly Class*** (FREE, by donation)

 **Pre-registered Course****

All unmarked classes are of **moderate** intensity, suitable for all levels.

Classes marked **G** are **very gentle** or chair based, open to all.

Classes marked  are **spicy** flow, requiring some yoga experience.

* Please pre-book so that we can notify you in case of weather- or sickness-related class cancellations.

** 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.