

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