



Yoga Schedule May & June 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<p>Sunrise Yoga 6:15 - 7:15am (April)</p>	<p>Beginner Yoga 9:30 - 10:45am (Rebecca)</p>	<p>Sunrise Yoga 6:15 - 7:15am (April)</p>	<p>Hatha Yoga Foundations 10:00 - 11:15am (Rebecca)</p>	<p>Sunrise Yoga 6:15 - 7:15am (April)</p>	<p>Yoga Flow 10:00 - 11:15am (Ashintha)</p> <p>Beginner Yoga 11:30 - 12:45pm (Ashintha)</p>
<p>Beginner Yoga 6:00 - 7:15pm (Dawn)</p>	<p>Holistic Yoga Flow 6:00 - 7:15pm (April)</p>		<p>Yoga Groove 6:00 - 7:15pm (Monique)</p>		
<p>Yoga Flow 7:30 - 8:45pm (Monique)</p>	<p>Gentle Yoga Flow 7:30 - 8:45pm (Ashintha)</p>	<p>Hatha Yoga Foundations 7:30 - 8:45pm (Monique)</p>	<p>Relax & Restore Yoga 7:30 - 8:45pm (Keira)</p>		

Classes run Monday, April 30 to Sunday, June 24, 2012 (8 weeks)

No classes May 20 & 21 (Sunday & Monday for Victoria Day Weekend). Check website to ensure classes are running as pre-registration is needed to fill class.

www.wellness-within.ca | 780-489-7799