

Current (Until December 9th)	
Sunday @ 12:30 – 1:30pm	Gentle Yoga with Sheila
Tuesday @ 9 – 10am	Chair Yoga with Sheila
Saturday @ 10-11:30am	Yin Yoga & Foam Rolling with Muguette
Upcoming	
Friday November 29 th @ 7-8pm	Glow Yoga with Rebekah
Mondays December 9 th - 16 th @ 6-7pm	Laughter Yoga with Ivan
Friday December 13 th @ 8 – 8:45pm	Full Moon Hypnosis with Iantha
Saturdays Dec 14 th – Jan 25 th 10 – 11:30am	Yin Yoga & Foam Rolling with Muguette
Sundays Dec 15 th - 29 th @ 7:15-8:45pm	Winter Reset with Sheila
Tuesday December 17 th @ 7 – 8:30pm	Intro to Acro with Sheila
Saturday December 21 st @ 7 – 8:30pm	Solstice Experience with Sheila and Iantha