

September 2020

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday                                    |
|---|---|---|---|--|--|---|
|   |   | 1   | 2<br>11:00-12:15 Margo<br>Chair Yoga<br>7:30-8:30 Denise<br>Introduction to Yoga                                  | 3<br>12:15-12:45 Shiona<br>Meditation @ Noon   | 4<br>12:10-12:50 Betsy<br>Lunch Break Yoga<br>5.15-6.15 Cynthia<br>Yin Yoga  | 5<br>9:00-10.30 Cynthia<br>Flow and Let Go  |
| 6   | 7<br><b>Labour Day<br/>Studio Closed</b>  | 8<br>11:00-12:15 Emelie<br>Yin Yoga                                   | 9<br>11:00-12:15 Margo<br>Chair Yoga<br>5:15-6:30 Emelie<br>Yin Yoga<br>7:30-8:30 Denise<br>Introduction to Yoga  | 10<br>12:15-12:45 Shiona<br>Meditation @ Noon<br>3:00 – 4:15 Emelie<br>Yin Yoga<br>6:30–8:00 Shiona/Beth<br>Yoga & Mindfulness | 11<br>12:10-12:50 Betsy<br>Lunch Break Yoga<br>5.15-6.15 Cynthia<br>Yin Yoga | 12<br>9:00-10.30 Cynthia<br>Flow and Let Go |
| 13<br>10:00-11:00 Katie<br>Pregnancy Yoga<br>1:00-2:00 Beth W<br>Chair Yoga<br>7:00-8:00 Candace<br>Yin | 14<br>10.00-11.00 Cynthia<br>Fundamental Flow<br>6:00-7:00 Beth O<br>Flow<br>7:30-8:30 Beth O<br>Flow | 15<br>11:00-12:15 Emelie<br>Yin Yoga<br>7:00-8:00 Sandy<br>Yoga Nidra | 16<br>11:00-12:15 Margo<br>Chair Yoga<br>5:15-6:30 Emelie<br>Yin Yoga<br>7:30-8:30 Denise<br>Introduction to Yoga | 17<br>12:15-12:45 Shiona<br>Meditation @ Noon<br>3:00 – 4:15 Emelie<br>Yin Yoga<br>6:30–8:00 Shiona/Beth<br>Yoga & Mindfulness | 18<br>12:10-12:50 Betsy<br>Lunch Break Yoga<br>5.15-6.15 Cynthia<br>Yin Yoga | 19<br>9:00-10.30 Cynthia<br>Flow and Let Go |
| 20<br>10:00-11:00 Katie<br>Pregnancy Yoga<br>7:00-8:00 Candace<br>Yin                                   | 21<br>10.00-11.00 Cynthia<br>Fundamental Flow<br>6:00-7:00 Beth O<br>Flow<br>7:30-8:30 Beth O<br>Flow | 22<br>11:00-12:15 Emelie<br>Yin Yoga<br>7:00-8:00 Sandy<br>Yoga Nidra | 23<br>11:00-12:15 Margo<br>Chair Yoga<br>5:15-6:30 Emelie<br>Yin Yoga<br>7:30-8:30 Denise<br>Introduction to Yoga | 24<br>12:15-12:45 Shiona<br>Meditation @ Noon<br>3:00 – 4:15 Emelie<br>Yin Yoga<br>6:30–8:00 Shiona/Beth<br>Yoga & Mindfulness | 25<br>12:10-12:50 Betsy<br>Lunch Break Yoga<br>5.15-6.15 Cynthia<br>Yin Yoga | 26<br>9:00-10.30 Cynthia<br>Flow and Let Go |
| 27<br>10:00-11:00 Katie<br>Pregnancy Yoga<br>1:00-2:00 Beth W<br>Chair Yoga<br>7:00-8:00 Candace<br>Yin | 28<br>10.00-11.00 Cynthia<br>Fundamental Flow<br>6:00-7:00 Beth O<br>Flow<br>7:30-8:30 Beth O<br>Flow | 29<br>11:00-12:15 Emelie<br>Yin Yoga<br>7:00-8:00 Sandy<br>Yoga Nidra | 30<br>11:00-12:15 Margo<br>Chair Yoga<br>5:15-6:30 Emelie<br>Yin Yoga<br>7:30-8:30 Denise<br>Introduction to Yoga |  |  |   |