

# MAY 2022

SUN

MON

TUE

WED

THU

FRI

SAT

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04

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06

07

5:30-6:45pm  
Gentle Flow  
Yoga

1:30-2:45-Gentle  
Restorative Yoga  
4:00-5:15-Slow  
Flow  
5:45-7:00 - Yin

6:30 – 8:00pm  
Challenge &  
Chill Yoga

08

09

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5:30-6:45pm  
Gentle Flow  
Yoga

4:00-5:15  
Slow Flow  
5:45-7:00 - Yin

10:00-11:30am  
Vitalité 55+

15

16

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21

5:30-6:45pm  
Gentle Flow  
Yoga

4:00-5:15  
Slow Flow  
5:45-7:00 - Yin

6:30 – 8:00pm  
Challenge &  
Chill Yoga

22

23

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NO CLASS  
HAPPY  
VICTORIA DAY

4:00-5:15  
Slow Flow  
5:45-7:00 - Yin

10:00-11:30am  
Vitalité 55+  
6:30 – 8:00pm  
Challenge & Chill  
Yoga

29

30

31

5:30-6:45pm  
Gentle Flow  
Yoga

- **Classes with Tammy Fulton are in teal.** Offered in-studio & as a live stream online via Zoom. To register, email [yogasublimestudio@gmail.com](mailto:yogasublimestudio@gmail.com) & pay by e-transfer.
- **Classes with Christine Hambleton are in orange.** Christine's classes are offered in-studio & as a live stream online via Zoom. To register, email [cgh76@live.com](mailto:cgh76@live.com) & pay by e-transfer.
- **Classes with Cecile LeBlanc-Turner are in green.** To register, email [cecileleblancturner@icloud.com](mailto:cecileleblancturner@icloud.com)