

NOV2020

SUN	MON	TUE	WED	THU	FRI	SAT	
	01 5:30-6:45pm – Gentle Flow Yoga 7:15-8:15- Introduction to Meditation	02	03	04 1:30-2:45-Gentle Restorative Yoga, 4:00-5:20 – Hatha Flow Yoga, 5:45-7:00-Yin Yoga	05 7:00-8:30pm- Challenge & Chill	06 9:30-10:45am- Vijnana Flow	07
08 5:30-6:45pm – Gentle Flow Yoga 7:15-8:15- Introduction to Meditation	09	10	11 No Classes – Remembrance Day	12 7:00-8:30pm- Challenge & Chill	13 6:00-9:00pm- RYT200 Teacher Training – Asanas 3 Module	14 8:30am-5:30pm- RYT200 Teacher Training – Asanas 3 Module	
15 9:00am-5:00pm- RYT200 Teacher Training – Asanas 3 Module	16 5:30-6:45pm – Gentle Flow Yoga 7:15-8:15- Introduction to Meditation	17 10:00 – 11:15am – Chair Yoga 7:00–8:00pm – Monthly Yoga Nidra	18 1:30-2:45-Gentle Restorative Yoga, 4:00-5:20 – Hatha Flow Yoga, 5:45-7:00-Yin Yoga	19 7:00-8:30pm- Challenge & Chill	20	21 9:30-10:45am- Vijnana Flow	
22 1:00–4:00–Private Rental 5:30-6:45pm – Gentle Flow Yoga 7:15-8:15- Introduction to Meditation	23 10:00 – 11:15am – Subtle Inspired Chair Yoga	24	25 1:30-2:45-Gentle Restorative Yoga, 4:00-5:20 – Hatha Flow Yoga, 5:45-7:00-Yin Yoga	26 7:00-8:30pm- Challenge & Chill	27	28 9:30-10:45am- Vijnana Flow	
29 5:30-6:45pm – Gentle Flow Yoga 7:15-8:15pm- Introduction to Meditation	30						

- Classes with Tammy Fulton are in teal. All of Tammy’s classes are offered in-studio & online via Zoom. To register, email yogasublimestudio@gmail.com & pay by e-transfer.
- Classes with Christine Hambleton are in orange. All of Christine’s classes are offered in-studio only. To register, email cgh76@live.com & pay by e-transfer.
- RYT200 Teacher Training is taught by Lisa Leis & Tammy Fulton. To register, email yogasublimestudio@gmail.com & pay by e-transfer.
- Classes with Cecile LeBlanc-Turner are in green. To register, email cecile.leblancturner@gmail.com & pay by e-transfer.