

April 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 <b>5:30p</b> Gentle Flow <b>7:15p</b> Yin Yoga	2 <b>10a</b> All-Levels Yoga <b>2p</b> Yoga for Osteoporosis/Osteopenia <b>5:30p</b> Gentle Restorative <b>6p</b> Shellbrook Yoga	3 <b>1:30p</b> Gentle Restorative <b>4p</b> Hatha Flow <b>5:45p</b> Yin Yoga <b>7:30p</b> Vinyasa Flow	4 <b>3:30p</b> Family Treatment Centre <b>5:30p</b> Beginner/Gentle Yoga <b>7p</b> Deepen your Asana Practice	5 <b>10a</b> Qigong Taiji <b>12p</b> \$5. Sample Class - Introduction to Qigong Taiji <b>5:30p</b> Hatha Flow	6 <b>9a</b> All-levels Yoga <b>10:30a</b> Beginner Yoga - Mobility & Stability	<b>10a</b> Vinyasa Flow <b>11:30a</b> Qigong Taiji
8 <b>5:30p</b> Gentle Flow <b>7:15p</b> Yin Yoga	9 <b>10a</b> All-Levels Yoga <b>2p</b> Yoga for Osteoporosis/Osteopenia <b>5:30p</b> Gentle Restorative <b>6p</b> Shellbrook Yoga	10 <b>1:30p</b> Gentle Restorative <b>4p</b> Hatha Flow <b>5:45p</b> Yin Yoga <b>7:30p</b> Vinyasa Flow	11 <b>3:30p</b> Family Treatment Centre <b>5:30p</b> Beginner/Gentle Yoga <b>7p</b> Deepen your Asana Practice	12 <b>10a</b> Qigong Taiji <b>5:30p</b> Hatha Flow	13 <b>9a</b> All-levels Yoga <b>10:30a</b> Beginner Yoga - Mobility & Stability	<b>10a</b> Vinyasa Flow <b>11:30a</b> Qigong Taiji
15 <b>5:30p</b> Gentle Flow <b>7:15p</b> Yin Yoga	16 <b>6a</b> Rise & Shine Yoga <b>10a</b> All-Levels Yoga <b>2p</b> Yoga for Osteoporosis/Osteopenia <b>5:30p</b> Gentle Restorative <b>6p</b> Shellbrook Yoga	17 <b>1:30p</b> Gentle Restorative <b>4p</b> Hatha Flow <b>5:45p</b> Yin Yoga <b>7:30p</b> Vinyasa Flow	18 <b>3:30p</b> Family Treatment Centre <b>5:30p</b> Beginner/Gentle Yoga <b>7p</b> Deepen your Asana Practice	19 <b>10a</b> Qigong Taiji <del><b>5:30p</b> Hatha Flow</del>	20 <del><b>9a</b> All-levels Yoga</del>	<del><b>10a</b> Vinyasa Flow</del> <del><b>11:30a</b> Qigong Taiji</del>
22 <b>5:30p</b> Gentle Flow <b>7:15p</b> Yin Yoga	23 <del><b>6a</b> Rise &amp; Shine Yoga</del> <del><b>10a</b> All-Levels Yoga</del> <del><b>5:30p</b> Gentle Restorative</del> <del><b>6p</b> Shellbrook Yoga</del>	24 <b>1:30p</b> Gentle Restorative <b>4p</b> Hatha Flow <b>5:45p</b> Yin Yoga <b>7:30p</b> Vinyasa Flow	25 <b>3:30p</b> Family Treatment Centre <b>5:30p</b> Beginner/Gentle Yoga <b>7p</b> Deepen your Asana Practice	26 <b>10a</b> Qigong Taiji <del><b>5:30p</b> Hatha Flow</del>	27 <del><b>9a</b> All-levels Yoga</del>	<del><b>10a</b> Vinyasa Flow</del> <del><b>11:30a</b> Qigong Taiji</del>
29 <b>5:30p</b> Gentle Flow <b>7:15p</b> Yin Yoga	30 <b>6a</b> Rise & Shine Yoga <b>10a</b> All-Levels Yoga <b>5:30p</b> Gentle Restorative <b>6p</b> Shellbrook Yoga	1 <b>1:30p</b> Gentle Restorative <b>4p</b> Hatha Flow <b>5:45p</b> Yin Yoga <b>7:30p</b> Vinyasa Flow	2 <b>3:30p</b> Family Treatment Centre <b>5:30p</b> Beginner/Gentle Yoga <b>7p</b> Deepen your Asana Practice	3 <b>10a</b> Qigong Taiji <b>5:30p</b> Hatha Flow	4 <b>9a</b> All-levels Yoga	