

March 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25 3:30p Family Treatment Centre 5:30p Gentle Flow 7:15p Yin Yoga	26 10a All-Levels Yoga 5:30p Gentle Restorative 6p Shellbrook Yoga	27 1:30p Gentle Restorative 4p Hatha Flow 5:45p Yin Yoga 7:30p Vinyasa Flow	28 3:30p Family Treatment Centre 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	1 10a Qigong Taiji 5:30p Warm Flow	2 9a All-levels Yoga 10:30a Beginner Yoga - Mobility & Stability	10a Vinyasa Flow 11:30a Qigong Taiji 1:30p \$5. Sample Class - Introduction to Qigong Taiji
4 3:30p Family Treatment Centre 5:30p Gentle Flow 7:15p Yin Yoga	5 10a All-Levels Yoga 2p Yoga for Osteoporosis/Osteopenia 5:30p Gentle Restorative 6p Shellbrook Yoga	6 1:30p Gentle Restorative 4p Hatha Flow 5:45p Yin Yoga 7:30p Vinyasa Flow	7 3:30p Family Treatment Centre 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	8 10a Qigong Taiji 5:30p Warm Flow	9 9a All-levels Yoga 10:30a Beginner Yoga - Mobility & Stability	10a Vinyasa Flow 11:30a Qigong Taiji
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