

May 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29 5:30p Gentle Flow 7:15p Yin Yoga	30 6a Rise & Shine Yoga 10a All-Levels Yoga 5:30p Gentle Restorative 6p Shellbrook Yoga	1 1:30p Gentle Restorative 4p Hatha Flow 5:45p Yin Yoga 7:30p Vinyasa Flow	2 3:30p Family Treatment Centre 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	3 10a Qigong Taiji <del>5:30p Hatha Flow</del>	4 9a All-levels Yoga 11a Trauma Sensitive Yoga	
6 5:30p Gentle Flow 7:15p Yin Yoga	7 6a Rise & Shine Yoga 10a All-Levels Yoga 5:30p Gentle Restorative 6p Shellbrook Yoga	8 1:30p Gentle Restorative 4p Hatha Flow 5:45p Yin Yoga 7:30p Vinyasa Flow	9 3:30p Family Treatment Centre 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	10 10a Qigong Taiji	11 9a All-levels Yoga 11a Trauma Sensitive Yoga	
13 5:30p Gentle Flow 7:15p Yin Yoga	14 <del>6a Rise &amp; Shine Yoga</del> 10a All-Levels Yoga 5:30p Gentle Restorative 6p Shellbrook Yoga	15 1:30p Gentle Restorative 4p Hatha Flow 5:45p Yin Yoga <del>7:30p Vinyasa Flow</del>	16 3:30p Family Treatment Centre 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	17 10a Qigong Taiji	18 <del>11a Trauma Sensitive Yoga</del>	
20 Victoria Day	21 6a Rise & Shine Yoga 10a All-Levels Yoga	22 1:30p Gentle Restorative 4p Hatha Flow 5:45p Yin Yoga 7:30p Vinyasa Flow	23 3:30p Family Treatment Centre 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	24 10a Qigong Taiji	25 11a Trauma Sensitive Yoga	7p iRest (R) Meditation
27 5:30p Gentle Flow 7:15p Yin Yoga	28 6a Rise & Shine Yoga 10a All-Levels Yoga	29 1:30p Gentle Restorative 4p Hatha Flow 5:45p Yin Yoga 7:30p Vinyasa Flow	30 3:30p Family Treatment Centre 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	31 10a Qigong Taiji	1 11a Trauma Sensitive Yoga	