

September 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26 9:30a Yin/Yang Yoga 5:30p Gentle Flow	27 5:45p Dragon Flow	28 4p Hatha Flow 5:45p Yin Yoga	29 3:30p FTC 5:30p Beginner/Gentle Yoga	30 10a Qigong Taiji 3:30p FTC	31	
2 Labour Day	3 5:45p Dragon Flow	4 4p Hatha Flow 5:45p Yin Yoga	5 3:30p FTC 5:30p Beginner/Gentle Yoga	6 10a Qigong Taiji	7	10a Qigong Taiji
9 9:30a Yin/Yang Yoga 5:30p Gentle Flow	10 5:45p Dragon Flow	11 4p Hatha Flow 5:45p Yin Yoga	12 3:30p FTC 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	13 10a Qigong Taiji	14	10a Qigong Taiji 7p iRest (R) Meditation
16 9:30a Yin/Yang Yoga 4p Gentle Flow 5:30p Gentle Flow	17 5:45p Dragon Flow 7:15p Foundations of Yoga	18 4p Hatha Flow 5:45p Yin Yoga	19 3:30p FTC 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	20 <del>10a Qigong Taiji</del>	21 9:30a Hatha Flow	10a Qigong Taiji 10a Karma Class 12p Karma Class
23 9:30a Yin/Yang Yoga 4p Gentle Flow 5:30p Gentle Flow	24 9:30a Stay Young Yoga & Relaxation 5:45p Dragon Flow 6p Shellbrook Yoga 7:15p Foundations of Yoga	25 1:30p Gentle Restorative 4p Hatha Flow 5:45p Yin Yoga	26 3:30p FTC 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	27 10a Qigong Taiji	28 9a RYT200 Teacher Training Module <del>9:30a Hatha Flow</del>	9a RYT200 Teacher Training Module <del>10a Qigong Taiji</del>
30 9:30a Yin/Yang Yoga 4p Gentle Flow 5:30p Gentle Flow 7:30p Introduction to Meditation	1 9:30a Stay Young Yoga & Relaxation 5:45p Dragon Flow 6p Shellbrook Yoga 7:15p Foundations of Yoga	2 1:30p Gentle Restorative 4p Hatha Flow 5:45p Yin Yoga	3 3:30p FTC 5:30p Beginner/Gentle Yoga 7p Deepen your Asana Practice	4 10a Qigong Taiji	5 9:30a Hatha Flow	10a Qigong Taiji