

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 10	June 11	June 12	June 13	June 14	June 15	June 16
7am COMPLETE (A) - Bank 9:15am Beginners (1) - George 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Alisa 4pm Beginners (1) - Prie 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Ann 9:15am Flow (A) - Bank 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - George 4pm Beginners (1) - Prie 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Chris 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 9pm Singing Bowls (F) - Vlad	7am Meditation/Pranayama(F) George 8am COMPLETE (A) - George 11am Donation Based (F) - Chris 4pm Acro (F) - Serge 6pm Yin (A) - Bank 9pm Gong Meditation (F) - Vlad	7am Meditation/Pranayama (F) Bank 8am COMPLETE (A) - Bank 4pm Ashtanga Fusion (A) - Jennifer 6pm Yin (A) - Ann 9pm Candle Gazing (F) - Ronnie
June 17	June 18	June 19	June 20	June 21	June 22	June 23
7am COMPLETE (A) - Ann 9:15am Beginners (1) - George 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Alisa 4pm Beginners (1) - Prie 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Ann 9:15am Flow (A) - Bank 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - George 4pm Beginners (1) - Prie 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Chris 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 9pm Singing Bowls (F) - Vlad	7am Meditation/Pranayama(F) George 8am COMPLETE (A) - George 11am Donation Based (F) - Yaya 4pm Acro (F) - Serge 6pm Yin (A) - Bank 9pm Gong Meditation (F) - Vlad	7am Meditation/Pranayama (F) Bank 8am COMPLETE (A) - Bank 4pm Ashtanga Fusion (A) - Jennifer 6pm Yin (A) - Jennifer 9pm Candle Gazing (F) - Ronnie
June 24	June 25	June 26	June 27	June 28	June 29	June 30
7am COMPLETE (A) - Ann 9:15am Beginners (1) - Bank 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Alisa 4pm Beginners (1) - Prie 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Ann 9:15am Flow (A) - Bank 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - George 4pm Beginners (1) - Prie 6pm Yin (A) - Ann 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Chris 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 9pm Singing Bowls (F) - Vlad	7am Meditation/Pranayama(F) George 8am COMPLETE (A) - George 11am Donation Based (F) - Prie 4pm Acro (F) - Serge 6pm Yin (A) - Prie 9pm Gong Meditation (F) - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 4pm Ashtanga Fusion (A) - Jennifer 6pm Yin (A) - Jennifer 9pm Candle Gazing (F) - Ronnie
July 1	July 2	July 3	July 4	July 5	July 6	July 7
7am COMPLETE (A) - George 9:15am Beginners (1) - Prie 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Jennifer 4pm Beginners (1) - Yaya 6pm Yin (A) - Prie 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Prie 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - George 4pm Beginners (1) - Yaya 6pm Yin (A) - Betti 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Chris 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 9pm Singing Bowls (F) - Vlad	7am Meditation/Pranayama(F) George 8am COMPLETE (A) - George 11am Donation Based (F) - Yaya 4pm Acro (F) - Serge 6pm Yin (A) - Prie 9pm Gong Meditation (F) - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 4pm Ashtanga Fusion (A) - Jennifer 6pm Yin (A) - Betti 9pm Candle Gazing (F) - Ronnie
July 8	July 9	July 10	July 11	July 12	July 13	July 14
7am COMPLETE (A) - George 9:15am Beginners (1) - Prie 4pm Pilates (A) - Serge 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - George 9:15am Flow (A) - Alisa 4pm Beginners (1) - Yaya 6pm Yin (A) - Prie 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - Ann 9:15am Flow (A) - Prie 4pm Beginners (1) - Chris 6pm Flow (2) - Alisa 9pm Singing Bowls (F) - Vlad	7am COMPLETE (A) - Alisa 9:15am Flow (A) - George 4pm Beginners (1) - Yaya 6pm Yin (A) - Betti 9pm Gong Meditation (F) - Vlad	7am COMPLETE (A) - George 9:15am Beginners (A) - Chris 4pm Pilates (A) - Serge 6pm Yin (A) - Alisa 9pm Singing Bowls (F) - Vlad	7am Meditation/Pranayama(F) George 8am COMPLETE (A) - George 11am Donation Based (F) - Yaya 4pm Acro (F) - Serge 6pm Yin (A) - Prie 9pm Gong Meditation (F) - Vlad	7am Meditation/Pranayama (F) George 8am COMPLETE (A) - George 4pm Ashtanga Fusion (A) - Jennifer 6pm Yin (A) - Betti 9pm Candle Gazing (F) - Ronnie

(A) = All levels class, some experience recommended

(1) = Beginner or low intensity

(2) = Intermediate, or more intense (not recommended for beginners)

Typical class duration - around 90 min

Typical meditation/pranayama duration - up to 45 min

COMPLETE class - 120 min (includes meditation & pranayama)

(F) = Free, no charge