

## Winter: January to March Glebe – 99 Fourth Avenue

### Monday

7:00-8:00am	Yoga Flow	Dan D.
10:00-11:30am	Ashtanga 1	Mike M.
12:00-1:15pm	Hatha	Ashley P.
5:40-7:10pm	Hatha Beginner	Devin J.
7:30-9:00pm	Qigong & Yoga	Devin J.

### Tuesday

7:00-8:00am	Yoga Flow	Kim C.
9:30-11:00am	Hatha	Julie S.
12:00-1:15pm	Hatha	Basia G.
5:40-7:10pm	Hatha	Basia G.
7:30-9:00pm	Ashtanga 1	Donna H.

### Wednesday

7:00-8:00am	Yoga Flow	Justine H.
10:00-11:30am	Hips, Backs & Shoulders	Janice T.
3:30-4:30pm	Hatha	Natalie H.
5:40-7:10pm	Ashtanga 1	Carla N.
7:30-9:00pm	Hip Opener	Janice T.

### Thursday

7:00-8:00am	Yoga Flow	Kim C.
12:00-1:15pm	Hatha	Basia G.
5:40-7:10pm	Yoga Flow -Intermediate	Adnan T.
7:30-9:00pm	Yin & Meditation	Devin J.

### Friday

10:00-11:30am	Hatha	Basia G.
12:00-1:15pm	Yin Yoga	Mike B.
5:30-7:00pm	Yoga Flow	Adnan T.

### Saturday

9:00-10:30am	Hatha	Basia G.
11:00am-12:30pm	Ashtanga 1	Donna H.

### Sunday

9:00-10:30am	Yin Yoga	Mike B.
11:00am-12:30pm	Ashtanga 1	Adnan T.

## Wellington - 1338 ½ Wellington W.

### Monday

6:30-7:30am	Hot Flow	David W.
9:30-11:00am	Hatha Gentle	Mireille (Mimi) M.
12:00-1:15pm	Hatha	Caroline F.
5:30-7:00pm	Yin Yoga	Natalie H.
5:40-7:10pm	Hatha	Basia G.
7:30-9:00pm	Hot Flow	Dianne W.

### Tuesday

6:00-7:00am	Hot Flow	Sheila C.
9:30-11:00am	Qigong & Yoga	Devin J.
9:45-11:15am	Hips, Backs & Shoulders	Natalie H.
12:00-1:15pm	Gentle Flow	Sheila C.
12:00-1:15pm	Prenatal Yoga	Charmaine W.
5:30-7:00pm	Yin & Restorative	Nina M.
5:40-7:10pm	Hatha Flow	Dan D.
7:30-9:00pm	Hot Flow	Andrea R.

### Wednesday

6:30-7:30am	Hot Flow	Mireille (Mimi) M.
9:30-11:00am	Hatha Gentle	Zina R.
12:00-1:15pm	Hot Yoga Flow	Natalie H.
5:40-7:10pm	Hatha Intermediate	Basia G.
5:45-7:15pm	*Hatha Beginner*	Natalie H.
7:30-9:00pm	Warm Yin	Mireille (Mimi) M.

### Thursday

6:30-7:30am	Hot Flow	Caroline F.
9:30-11:00am	Hatha Beginner	Devin J.
9:30-11:00am	Hatha Flow	Sheila C.
12:00-1:15pm	Gentle Flow	Ashley P.
12:00-1:00pm	Yoga & Kettlebells	Devin J.
5:40-7:10pm	Hot Hips	Janice T.
7:20-8:50pm	Restorative	Charmaine W.
7:30-9:00pm	Hatha	David W.

**\*Hatha Beginner starts Wed March 28**

### Friday

6:30-7:30am	Hot Flow	Caroline F.
9:30-11:00am	Hatha	Mishka L.
12:00-1:15pm	Hot Vinyasa Flow	Andrea R.
4:30-5:45pm	Hatha	Mishka L.
5:30-7:00pm	Hot Flow	Dan D.

### Saturday

8:00-9:30am	Dharma Yoga	Justine H.
9:00-10:30am	Power Flow	Sheila C.
10:00-11:30am	Hatha Beginner	Natalie H.
11:00-12:30pm	Hot Hips	Janice T.
1:15-2:45pm	Yin	Mishka L.

### Sunday

9:00-10:30am	Hatha	Basia G.
9:30-11:00am	Yin Yoga	Mireille (Mimi) M.
11:00-12:30pm	Hot Flow	Basia G.
11:45-1:15pm	Restorative	Charmaine W.
1:30-3:00pm	Prenatal Yoga	Charmaine W.



*Adi Shesha*

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