

HAMSA YOGA *Fall* SCHEDULE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:30-7:30 YOGA + PILATES Robyn			
9:30-10:30 GENTLE HATHA* Erin	9:30-10:30 STRETCH + UNWIND* Erin	9:30-10:30 GENTLE HATHA* Perry	9:30-10:30 STRETCH + UNWIND* Andrea	9:30-10:30 GENTLE HATHA* Tiffany	9:00-10:00 GENTLE HATHA* Tiffany	
12:00-1:00 WARM SLOW FLOW Meghan	12:00-1:00 BEGINNER SERIES Andrea (Sept 11- 27)	12:00-1:00 STRETCH + UNWIND* Tiffany	12:00-1:00 BEGINNER SERIES Andrea (Sept 11- 27)	12:00-1:00 GENTLE HATHA* Tiffany	9:00-10:00 WARM FLOW* Taylor	9:30-10:30 WARM FLOW* Carey
	5:30-6:30 AROMA FLOW* Monica	6:00-7:00 YOGA WALL* Tiffany	5:30-6:30 SLOW FLOW* Gillian		10:30-11:30 HAMSA G!RLS Andrea + Carey (Sep 15-Dec 1)	
6:00-7:00 HOT FLOW Andrea	6:00-7:00 WARM FLOW Cara	6:00-7:00 HOT FLOW Stephanie	6:00-7:00 HOT FLOW Meghan			MEDITATION SERIES Carey (Sept 23-Nov 4)
7:30-8:30 WARM STRETCH + UNWIND* Carey	7:30-8:30 PRENATAL SERIES Carey (Sep 11 - Oct 30)	7:30-8:30 WARM FLOW* Stephanie	7:30-8:30 BREATHE + RESTORE* Ruth	FALL SCHEDULE FOR SEP 1- NOV 30 STUDIO HOLIDAYS LABOUR DAY: SEP 1 THANKSGIVING: OCT 8		
7:30-8:30 BEGINNER SERIES Tiffany (Sep 17-Oct 3)		7:30-8:30 BEGINNER SERIES Tiffany (Sep 17-Oct 3)				

*Suitable for beginners | Schedule subject to changes.
Always check online: <http://hamsayogastudio.ca/class-schedule/>