


Living Yoga & Health Class Schedule July 3 - August 31, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Studio closed for the long weekend in August! No regular classes Sat. Aug 4, Sun. Aug 5 and Mon. Aug 6.</p> <p>9:30-10:45am Movement Dynamics Pilates Level 1-2</p> <p>10:00-11:30am Over 50</p>	<p>7:00-8:15am Sunrise All Levels</p> <p>9:30-11:00am Intermediate Women</p> <p>10:00-11:30am Over 50</p>	<p>9:30-11:00am Morning Practice All Levels</p> <p>10:00-11:00am Parent & Child in the Park <i>July 4, 11, 18, 25 & August 1 @ Exhibition Park. Registration recommended, drop-ins welcome!</i></p>	<p>10:00-11:30am Gentle Yoga</p>	<p>9:00-10:00am Slow Flow</p> <p>9:30-11:00am Morning Practice Level 1-2</p> <p>10:30-11:30am Accessible Chair Pilates @ FLO</p>	<p>8:45-9:45am Mindfulness Meditation (by donation)</p> <p>10:00-11:15am Weekend Wake Up All Levels</p>	<p>10:00-11:15am Flow and Roll</p>
<p>5:30-6:30pm Yoga for Men</p> <p>5:45-7:15pm Hatha Flow Level 2</p> <p>7:30-8:45pm Evening Practice Level 2</p> <p>7:30-8:45pm Introduction to Meditation <i>July 9, 16, 23, 30</i></p>	<p>5:30-7:00pm Mindful Movement</p> <p>5:45-7:00pm Movement Dynamics Pilates Level 1</p> <p>5:45-7:00pm Gentle Yoga @ FLO</p> <p>7:30-8:45pm Foundations Level 1</p> <p>7:30-8:45pm Prenatal</p>	<p>2:00-3:30pm Movement Dynamics Pilates Gentle All Levels</p> <p>5:45-7:15pm Hatha Flow Level 2</p> <p>7:15-8:30pm Hips & Hamstrings</p> <p>7:30-8:45pm Midweek Meditation to Decompress</p>	<p>2:00-3:30pm Over 50</p> <p>4:30-5:30pm Hatha Yoga All Levels</p> <p>5:45-7:00pm Beginner</p> <p>6:00-7:00pm Hatha Yoga @ FLO Sivananda Inspired All Levels</p> <p>7:30-8:45pm Evening Practice Level 1-2</p>	<p>5:00-6:15pm Deep Practice Deep Release</p>	 <p>SUMMER SPECIAL! JULY & AUGUST UNLIMITED CLASSES! \$195+hst</p>	

Who is teaching your class this summer? Please check the class schedule on our website to find out!

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