

Autumn Yoga Class Schedule



Monday April 11 to
Winter Solstice

MONDAY

6 PM:
Fluid Flow Vinyasa
with Danielle

TUESDAY

6 PM:
Hatha Alignment
with Donna

WEDNESDAY

530 PM:
**Mindful Flow
Vinyasa**
with Jacqui

THURSDAY

930 AM:
**Autumn WolfFlow
Hatha Vinyasa**
with Grant
530 PM:
Slow Flow Vinyasa
with Emily
7 PM:
Deep Stretch Yin
with Emily

FRIDAY

930 AM:
Breathe & Flow
with Bec

SATURDAY

8 AM:
**Autumn WolfFlow
Hatha Vinyasa**
with Marlene
930 AM:
**Autumn WolfFlow
Hatha Vinyasa**
with Grant
3 PM:
Slow Flow Hatha
with Emily

SUNDAY

8 AM:
**Flow & Deep
VinYin**
with Emily
930 AM:
Restorative Flow
with Bec

\$15 PER CLASS / 10 CLASS PASS \$120. Cash only
Find us at Rosslyn Bay Wellness Centre.
Under Beaches Restaurant

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