



Schedule for August 28th - October 23rd, 2009						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Valerie Sunrise Meditation 7 - 8 am			Savittre Sharon Kundalini Multistyle Yoga 8:30 - 9:45 am Starting Sept. 12th	
Robin M Pilates for Babies & Me Resuming Sept. 14th 10:05 - 10:50 am	Daiva Body Flow Yoga 9:30 - 11 am Starting Sept. 8th	Alex Kripalu Gentle Yoga 9:30 - 11 am	Roy Beginner / Restorative Yoga 9:30 - 11 am Starting Sept. 3rd	Sarah Gentle Flow Yoga 9:30 - 11 am Starting Sept. 11th	Chawana Kids Yoga 10 - 11 am Resuming Sept. 12th	
		Utloana Pilates 11:30 am - 12:30 pm		Robin M. Lunch Pilates 12:05 - 12:50 pm	Utloana Pilates 11:30 am - 12:30 pm	Chawana Family Yoga 11 am - 12 pm Resuming Sept. 13th
	Savittre-Sharon Kundalini Yoga All Levels 5:45 - 7 pm	*Off Location See below	Sham Rang Kundalini All Levels 5:30 - 7 pm Resuming Sept. 3rd	Serena Hatha Yoga Karma class 5:30 - 7 pm		
Daiva Ashtanga Yoga Level 1-2 7:30 - 9 pm Karma Class	Alex Hatha Yoga Intro - Level 1 7:30 - 9 pm	Alex Belly Dancing 7:30 - 9 pm Resuming Sept. 2th	Steve Body Flow Yoga Level 2-3 7:30 - 9 pm	Alex Chanting & Meditation 7:30 - 8:30 pm By donation! (For Humane Society)		

*Wednesdays: at St. Cuthbert's Church, 2 Bond St, at King, Westdale

5:45 -7:15 pm, Hatha Yoga (Level 1) with Alex
7:30-9 pm, Ashtanga Yoga (Level 2-3) with Steve