

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>MORNING</b>	Easy Beginners //Kate 9-10 <i>with Lavender Towels</i>	Restorative Flow //Joe 9-10	Easy Beginners //Joe 9-10	Power Yoga Basics //Joe 9-10	Easy Beginners //Kate 9-10	Restorative Flow //Joe 9-10	Easy Beginners //Joe 9-10
<b>NOON</b>	Power to Stretch //Kate 10:30-11:45 <i>with Lavender Towels</i>	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Kate 12-12:45	Power Flow 45 //Joe 12-12:45	Restorative Flow //Joe 10:30-11:30
<b>AFTERNOON</b>		Restorative Flow //Joe 4:30-5:30	Power Yoga Basics //Joe 4:30-5:30	Easy Beginners //Joe 4:30-5:30	Easy Beginners //Kate 4:30-5:30	Easy Beginners //Joe 4:30-5:30	
<b>EVENING</b>		Easy Beginners //Joe 5:45-6:45	Restorative Flow //Crystal 6-7 <i>with music and Lavender Towels</i>	Power Yoga Basics //Kate 6-7	Restorative Flow //Kate 6-7		
		Hot UpTempo Flow //Joe 7-7:45					

**AUGUST 22ND THRU LABOUR DAY**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				Easy Beginners <sup>22</sup> 9-10 Power Flow 45 Noon-12:45 pm	Power Yoga Basics <sup>23</sup> 9-10 Power Flow 45 Noon-12:45 pm	Easy Beginners <sup>24</sup> 9-10 Restorative Flow 10:30-11:30
Easy Beginners <sup>25</sup> 9-10 Power Yoga 10:30-11:30	Easy Beginners <sup>26</sup> 4:30-5:30 pm Restorative Flow 5:45-6:45 pm	Easy Beginners <sup>27</sup> 9-10 Power Flow 45 Noon-12:45 pm Restorative Flow 6-7 pm	Power Yoga Basics <sup>28</sup> 9-10 Power Flow 45 Noon-12:45 pm	Easy Beginners <sup>29</sup> 9-10 Power Flow 45 Noon-12:45 pm	Restorative Flow <sup>30</sup> 9-10 All Levels at Frost Park Noon-12:45 pm	Easy Beginners <sup>31</sup> 9-10 Restorative Flow 10:30-11:30
<b>1</b> CLOSED	<b>2</b> CLOSED	<b>3</b> OPEN REGULAR HOURS				