



Main class schedule table with columns for days of the week and rows for time slots. Includes classes like Yoga Fit Fusion, Barre Intensity, Hatha Yoga, and various Pilates and Restorative classes.

- List of classes: Gentle Hatha Yoga, Hatha Yoga, Morning Yoga, Mediations, Slow Flow Yoga, Flow Yoga, Power Yoga, Yang/Yin Yoga, Yin Yoga, Mat Pilates, Restorative Yoga, Deep Stretch, NamaSlay Yoga.

All levels welcome

- List of classes: Booty Burn Yoga, Barrelates, Barre Lite, All Barre Classes, NamaSlay Barre, Yogalates, Zumba Toning.

All levels welcome Fitness

- Grouped list: HOT Classes 32-36°C, Yoga Fit Fusion, Hatha Core Yoga.

- Grouped list: WARM Classes 24-26°C, Hatha Yoga.

All levels welcome Fitness

All levels welcome

The number of Hot and Warm classes have been scaled back until September

One Year Celebration June 15th 9am-5pm

New Moon Circle Tara Monday June 3rd @8:45-10:00pm Part of your regular membership or \$18 drop-in
Full Moon Circle Summer Solstice gathering June 21st \$122+tax Registered Class

\*Please refer to our Online Schedule and the Sweet Serenity Yoga App for the most up to date schedules, substitutes and holiday hours\*