



Time:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45							
9:00	Hatha Yoga						Hatha Yoga
9:15	Jade	Gentle Hatha Yoga Miranda	*NEW* Barre (Fitness) Kerri	Gentle Hatha Yoga Charlene	Flow Yoga Brooke	Barre (Fitness) Miranda	Kim S
9:30							
9:45							
10:00	9:00-10:15	9:15-10:15	9:15-10:15		9:15-10:15	9:15-10:15	9:00-10:15
10:15				9:30-10:30			
10:30	Deep Stretch & Release Jade	Yin Yoga Miranda	*NEW* Flow Yoga Kerri	*NEW* Yin Yoga (warm) - Charlene	*NEW* Restorative Yoga Brooke	Deep Stretch & Release Miranda	Barrelates (Fitness) Chelsea
10:45							
11:00							
11:15	10:30-11:30	10:30-11:30	10:30-11:30	10:45-11:45	10:30-11:45	10:30-11:30	10:30-11:30
11:30							
11:45							*NEW* Yin Yoga (warm) - Chelsea
12:00	Barre Method Certification Course <i>*Registered Class*</i> \$275+tax Sept 22nd Miranda 12:00-6:00	Intro to Yoga <i>*Registered Class*</i> \$59+tax Sept 28th Kerri 12:30-3:00					
12:15							
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							
3:00							
3:15							
3:30							
3:45							
4:00	*NEW* Girlvana <i>*Registered Series*</i> \$93+tax Brittany 3:45-4:45						
4:15							
4:30							
4:45							
5:00	Yogalates Brittany 5:00-6:00	*NEW* Family Zumba (Dance Fitness) - Gabriella 5:00-5:45	Slow Flow Yoga Maria 5:00-6:00	Power Yoga (hot) Lauren 5:00-6:00	Gentle Hatha Yoga Niki 5:00-6:00		
5:15							
5:30							
5:45							
6:00		Hatha Yoga (warm) Charlene 6:00-7:00	Booty Burn Yoga (Fitness) Miranda 6:15-7:15	Slow Flow Yoga Lauren 6:15-7:15	Restorative Yoga Niki 6:15-7:30		
6:15	Barre Fitness (Fitness) Lauren 6:15-7:15						
6:30		Barre Fitness (Fitness) Chelsea 7:15-8:15	Barre (Fitness) Miranda 7:30-8:30	BollyX (Dance Fitness) Katz 7:30-8:30	NamaSlay Barre (metal music) Sept 6th Jenine 7:45-9:00	Poetry Night *Fundraiser* minimum \$10 donation Sept 20th Chelsea	Feelosphy *Registered Class Sept 21st Brittany 7:00-8:30
6:45							
7:00							
7:15							
7:30							
7:45							
8:00	Hatha Core Yoga (hot) Lauren 7:30-8:30						
8:15							
8:30		Yang/Yin Yoga Chelsea 8:30-9:30	Restorative Yoga Bev 8:45-10:00	Yang/Yin Yoga (warm) Ashly 8:45-9:45			
8:45	Deep Stretch & Release Bev 8:45-9:45						
9:00							
9:15							
9:30							
9:45							

- Gentle Hatha Yoga
 - Hatha Yoga
 - Slow Flow Yoga
 - Flow Yoga
 - Yang/Yin Yoga
 - Yin Yoga
 - Restorative Yoga
 - Deep Stretch
 - NamaSlay Yoga
 - Frontline Yoga
- All levels welcome

- Booty Burn Yoga
 - Barrelates
 - All Barre Classes
 - NamaSlay Barre
 - Yogalates
 - Zumba Toning
 - BollyX
- All levels welcome
Fitness

- HOT Classes 30-32'C**
 - Hatha Core Yoga
 - Power Yoga
 - Warm Classes 24-26'C**
 - Hatha Yoga
 - Yang/Yin Yoga
 - Yin Yoga
- All levels welcome
Fitness

New Moon Circle - Friday Sept. 13th 7:45-9:15pm
Full Moon Circle - Friday Sept. 27th 7:45-9:15pm

Part of your regular membership or \$18 drop-in

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

Holiday Closures: Closed September 1st&2nd