

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time			1	2	3	Time 4	5
6:30			Thommy (60) S	6:15 Doug (60)	Jill (60)	8:30	Shan (60)
9:30			Carolyn (90)	Doug (75)	Jill (90)	10:00	Shan (75) Thommy (75) YY
12:00			Carolyn (60)	Doug (60)	Jill (60)	12:00	Diane (60) Sarah H (60)
4:30			Gerald (75) MF	Daniel (75) MF	Thommy (75) MF	2:00	Diane (60) Sarah H (60)
6:30			Gerald (60)	Daniel (60)	Rebecca (60)	4:00	
8:30			Gerald (60)	Daniel (60)	Rebecca (60) K	6:00	
	6	7	8	9	10		11
6:30		7:00 Jill (60)	Brock (60)	6:15 Thommy(60) S	Jill (60)	8:30	Marsha (60)
9:30	Sarah M (90)	Diane (90)	Joy (90)	Erin (75)	Gerald (90)	10:00	Marsha (75) Trish (75) DF
12:00	Sarah M (60)	Diane (60)	Joy (60)	Erin (60)	Gerald (60)	12:00	Diane (60) Edward (60)
4:30	2:00 Erin (60)	Sam (75) MF	Gerald (75) MF	Joy (75) MF	Stroud (75) MF	2:00	Sabrina (60) Edward (60)
6:30	4:00 Erin (60)	Sam (60)	Gerald (60)	Joy (60)	Stroud (60)	4:00	Sabrina (60) CC Jen S (60) CC
8:30		Thommy (60)	Gerald (60)	Joy (60)	Stroud (60) K	6:00	Kaycelyn (60)
	13	14	15	16	17		18
6:30	Debbie (60)	7:00 Jill (60)	Brock (60) S	6:15 Doug (60)	Jill (60)	8:30	Danny (60)
9:30	Debbie (90)	Diane (90)	Carolyn (90)	Doug (75)	Gerald (90)	10:00	Danny (75) Thommy (75) YY
12:00	Debbie (60)	Diane (60)	Carolyn (60)	Doug (60)	Gerald (60)	12:00	Danny (60) Tracy (60)
4:30	Erin (75) MF	Sam (75) MF	Gerald (75) MF	Joy (75) MF	Brock (75) MF	2:00	Sarah M (60) Sabrina (60)
6:30	Erin (60)	Sam (60)	Gerald (60)	Joy (60)	Ashley (60)	4:00	Sarah M (60) CC Edward (60) CC
8:30	Erin (60)	Thommy (60)	Gerald (60)	Joy (60)	Ashley (60) K	6:00	Shan (60)
	20	21	22	23	24		25
6:30	Debbie (60)	7:00 Doug (60)	Jill (60)	6:15 Thommy(60) S	Brock (60)	8:30	Ashlie B (60)
9:30	Debbie (90)	Diane (90)	Joy (90)	Erin (75)	Gerald (90)	10:00	Ashlie B (75) Trish (75) DF
12:00	Brock (60)	Diane (60)	Joy (60)	Erin (60)	Gerald (60)	12:00	Dianne (60) Sarah M (60)
4:30	Erin (75) MF	Sam (75) MF	Gerald (75) MF	Daniel (75) MF	Jill (75) MF	2:00	Sabrina (60) Sarah M (60)
6:30	Erin (60)	Sam (60)	Gerald (60)	Daniel (60)	Jill (60)	4:00	Jen F (60) CC Jen S (60) CC
8:30	Tracy (60)	Thommy (60)	Gerald (60)	Daniel (60)	Jill (60) K	6:00	Shan (60)
	27	28	29	30	CC = Community Class - only \$5 K = Karma - by donation only (min \$8 Donation) MF = Moksha Flow - our series in a flow YY = Yang-Yin -first half powerful-second half passive DF = Detox Flow S = Silent teacher practises with the class-minimal instruction		
6:30	Brock (60)	7:00 Jen S (60)	Jill (60) S	6:15 Doug (60)			
9:30	Stroud (90)	Diane (90)	Carolyn (90)	Doug (75)			
12:00	Stroud (60)	Diane (60)	Carolyn (60)	Doug (60)			
4:30	Erin (75) MF	Sam (75) MF	Gerald (75) MF	Joy (75) MF			
6:30	Erin (60)	Sam (60)	Gerald (60)	Joy (60)			
8:30	Erin (60)	Rebecca (60)	Gerald (60)	Joy (60)			

September 2010 **REGULAR**

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905.631.9595

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time			1	2	3	4	5
8:00							
9:45							
11:30					ML Sabrina (75)		
4:45							
6:00			6:45 Y Dominiq(60)	A1 Natalie (60)			
8:00			ML Kaycelyn (75)	Heal Jennifer(60)			
	6	7	8	9	10	11	12
8:00						R Flow Diane(90)	
9:45							Heal Jennifer(75)
11:30					ML Ashlie B (75)	PN Dominiq (90)	
4:45							
6:00		6:15 MBrock(75)K	6:45 Y Dominiq(60)	A1 Natalie (60)			R Dominique (90)
8:00		H1 Jennifer (60)	ML Kaycelyn (75)	Heal Jennifer(60)			
	13	14	15	16	17	18	19
8:00						R Flow Diane(90)	
9:45							
11:30					ML Sabrina (75)	PN Dominiq (90)	
4:45							
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)			R Dominique (90)
8:00	ML Ashley (75)	H1 Jennifer (60)	ML Ashlie B (75)				
	20	21	22	23	24	25	26
8:00						R Flow Diane(90)	
9:45							Heal Jennifer(75)
11:30					ML Kaycelyn(75)	PN Dominiq (90)	
4:45							
6:00	A1 Natalie (60)		6:45 Y Dominiq(60)	A1 Natalie (60)			R Dominique (90)
8:00	ML Ashley (75)	H1 Jennifer (60)	ML Jen F (75)	Heal Jennifer(60)			
	27	28	29	30	Healing = yin postures, self acupressur + breath PN = prenatal A1 = Ashtanga all levels R = Restorative H1 = Hatha 1 Y = Yin postures held passively to reach K = Karma - by donation only ML = Moksha Lite - The series in a non heated room M =Meditation		
8:00							
9:45							
11:30							
4:45							
6:00	A1 Natalie (60)	6:15 MBrock(75)K	6:45 Y Dominiq(60)	A1 Natalie (60)			
8:00	ML Ashley (75)	H1 Jennifer (60)	ML Jen S (75)	Heal Jennifer(60)			