



B2 – 626 Broadway 343- YOGA (9642) www.renewyoga.ca

**August 30 – October 23 (8 weeks)
 (Closed Sept 6 Labour Day & Oct 11 Thanksgiving Day)
 October 25 – December 18 (8 weeks)
 (Closed November 11 Remembrance Day)**

Monday		
5:30 - 7:00 p.m.	Hatha Basics/Beginner Yoga	Cecile
7:15 - 8:45 p.m.	Beginner /Multi Level Yoga	Cecile
Tuesday		
10:00 - 11:30 a.m.	Beginner/Multi Level Hatha Yoga	Cecile
5:30 - 7:00 p.m.	Multi Level Hatha Yoga	Cecile
Wednesday		
5:30 - 7:00 p.m.	Hatha Basics/Beginner Yoga	Cecile
7:15 - 8:45 p.m.	Hatha Vinyasa Yoga	Norma
Thursday		
10:00 - 11:30 a.m.	Beginner/Multi Level Hatha Yoga	Cecile
5:30 - 7:00 p.m.	Multi Level Hatha Yoga	Cecile
Saturday		
9:30 - 11:00 a.m.	Beginner/Multi Level Hatha Yoga	Cecile
11:15 - 12:45 p.m.	Beginner/Gentle Hatha Yoga	

**Schedule subject to change without notice:
 Please check Announcements page for updates.**

See class descriptions for “Class Descriptions” page.