

Therapeutic Approach Yoga Studio

Autumn SCHEDULE

(Starts September 14th ongoing)

We have ONLINE ZOOM classes

and

LIVE in-studio classes

\$8 + tax Zoom classes & \$10 + tax Chits for in-person

<https://www.yogastudio.ns.ca>

	Mon	Tues	Wed	Thur	Fri	Sat
am	9:30-10:30 LIVE ZOOM HATHA BASICS Maxine	9:30-10:30 LIVE ZOOM GENTLE YOGA Maureen	9:30-10:30 LIVE ZOOM HATHA VINYASA Alesia	9:30-10:30 LIVE ZOOM HATHA BASICS Maxine	9:30-10:30 LIVE ZOOM HATHA VINYASA Alesia	9:30-10:30 LIVE ZOOM ALL LEVELS FLOW Andrea
	11:00-12:00 LIVE ZOOM Pilates / Yoga Fusion Cathy	11:00-12:00 LIVE ZOOM HATHA BASICS Maureen	11:00-12:00 LIVE ZOOM HATHA BASICS Helen	11:00-12:00 LIVE ZOOM GENTLE Maxine	11:00-12:00 LIVE ZOOM Pilates / Yoga Fusion Cathy	
pm			3:30-4:30 ZOOM CHAIR YOGA Abra			
	5:30-6:30 LIVE ZOOM HATHA BASICS Abra	5:30-6:30 LIVE ZOOM ALL LEVELS FLOW Andrea	5:30-6:30 LIVE ZOOM HATHA VINYASA Abra	5:30-6:30 LIVE ZOOM ALL LEVELS FLOW Andrea		Sun 7:00-8:00 LIVE ZOOM YIN YOGA Claire
	7:00-8:00 LIVE ZOOM ALL LEVELS FLOW Dianne	7:00-8:00 LIVE ZOOM YIN YOGA Helen	7:00-8:00 LIVE ZOOM HATHA BASICS Dianne	7:00-8:00 LIVE ZOOM YIN YOGA Helen		

LIVE in-person. Requires pre-registration. 9 people limit. Regular chit

ZOOM - From your home; Everyone come! Zoom chit