

BODY ESSENTIALS STUDIO SCHEDULE - LATE FALL 2024
5 Weeks - November 18th - December 20th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 AM		YOGA with Qi Gong Essence 75 Minutes Cheryl	YOGA Hatha/Flow 75 Minutes Angie		YOGA with Pilates Essence 75 Minutes Cheryl
12:15 PM			PILATES/YOGA For Difficult Bodies 60 Minute Angie		
6:45 PM	PILATES JUST FOR DUDES 75 Minutes Angie	PILATES/YOGA FUSION 75 Minutes Angie		PILATES/YOGA FUSION with 1 RESTORATIVE POSE 75 Minutes Angie	RESTORATIVE YOGA with YIN Warmup 75 Minutes Cheryl

NOTE: Classes need 4 registered guests/class in order to run. Sessions may be delayed until enough guests sign up, thereby reducing fees. Matwork classes - Max. 6 guests to provide exceptional quality programming. Any missed classes must be made up within the registered session unless other arrangements have been made with the instructor.

NOTE: Restorative Yoga is NOT Yin Yoga. It is about practicing Pratyahara; withdrawal of mind from the senses. It's all about the nervous system; restoring it back to Rest and Digest vs Fight or Flight mode.

FEES (include HST) - 1 class/wk \$141.25 2 classes/wk \$271.20 3 classes/wk \$54 = \$389.85
Drop In \$33.90