Yoga Classes @  


Class Schedule for November 2018

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 All levels Yoga @ 10am |
| 4 | 5 | 6 Gentle Flow @ 7pm | 7 | 8 | 9 | 10 \*No class\* |
| 11 Remembrance Day | 12 | 13 Gentle Flow @ 7pm | 14 | 15 | 16 | 17 All levels Yoga @ 10am |
| 18 | 19 | 20 Gentle Flow @ 7pm | 21 | 22 | 23 | 24 All levels Yoga @ 10am |
| 25 | 26 | 27 Gentle Flow @ 7pm | 28 | 29 | 30 |  |

→ Drop-in to any class during the month of November!

→ Drop-In fee = $15/class **OR**  10 class Yoga Pass = $125 (no expiration)

→ Private 1-on-1 sessions or on site classes (ie. school, workplace) are also available - contact Meghan to discuss details at [meghan.russolophysio@gmail.com](mailto:meghan.russolophysio@gmail.com)