

YogawithJoan



Autumn / Winter 2019 Term (Beginning W/C 2nd Sept)

Day	Time	Class
Monday	6:25 – 7:25 pm	Medium Flow Yoga
	7:30 – 8:30 pm	Power Flow Yoga
	8:35 – 9:35 pm	Medium Flow Yoga
Tuesday	10:00 – 11:00 am	Medium Flow Yoga
	11:00 – 12:00 am	Slow Flow Yoga
Friday	6:00 – 7:00 pm	Restorative Yoga
Saturday	10:00 – 11:00 am	Vinyasa Flow Yoga