

Breathing Space Halifax Schedule

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

6:30am		Flow 1 hour class All Levels Patti					
8:45am						Hot Power Vinyasa Open Level Sherry	
9:30am	Relax and Renew Open Level Sandy	Flow Open Level Sandra	Flow Open Level Sandy	Flow Open Level Sandra	Relax and Renew Open Level Sandy		
10:00am							Power Flow All Levels Michele
10:30am						Prenatal* (Aug 21) 8wks - \$90 Sherry	
12:10pm	Hour of Power Level 1-2 Sarah L.		Hour of Power Stefanie		Hour of Power Level 1-2 Sherry		
1:30pm						Basics Open Level Helen	
2:00pm							
3:00pm							Shake Your Asana Open Level 90 minutes (room heated) Sherry
4:15pm			Hot Power Vinyasa Open Level Sherry				
5:00pm							Long, Slow, Deep (room heated) Open Level Byran
5:45pm	Hot Power Vinyasa Open Level Sherry		Intro to Yoga* Open Level (July 21) 6wks - \$69 Margot		Hot Power Vinyasa Open Level Christina		
6:00pm		Hot Power Vinyasa Open Level Holly		Rock Your Core Open Level (room heated) Christina			
6:30pm							
7:15pm	Basics Open Level Tracy		Long, Slow, Deep (room heated) Open Level Margot				
7:30pm		Karma Yoga (\$5 donation) Barbie		Basics Level 1 Barb			