

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Fall YOGA Retreat Oct. 26-28/18</p> <p>Jocko's Beach Resort Motel Calabogie</p> <p>Sign Up By Oct. 20th for FUN! Limited Space Remaining</p>	<p>October 1 9-10:15 am: Gentle YOGA L1 With Annie</p> <p>4:30-5:45 pm: Pilates L 1-2 6-7:15 pm: YOGA L 1-2 With Elizabeth</p>	<p>October 2</p> <p>4:45-6 pm: (every 2nd week) YOGA L 1-2- With Elizabeth 6:30-7:45 pm: Pilates L 1-2 With Lillian</p>	<p>October 3 9-10:15 am: YOGA L 1-2 With Annie 4:45-6 pm: Pilates BALL L2-Eliz 6:30-7:45 pm: YOGA L 1-2 With Heather</p>	<p>October 4</p> <p>6-7:15 pm: 'Evening' YOGA L 1-2 With Pat</p>	<p>October 5</p> <p>9:30-10:45 am "Empowering Vinyasa" YOGA L 2 With Elizabeth</p>	<p>October 6 No Yoga class today</p> <p>Pilates Mat Teacher Training Part I Begins at 9 am</p>
<p>7</p> <p>HAPPY THANKSGIVING</p>	<p>8</p>  <p>Thanksgiving HOLIDAY Monday CLOSED</p>	<p>9</p> <p>LIVE LOVE Pilates ! CORE Conditioning</p> <p>6:30-7:45 pm: Pilates L 1-2 With Elizabeth "Just Do It!"</p>	<p>10</p> <p>9-10:15 am: YOGA L 1-2 With Annie 4:45-6 pm: Pilates BALL L2-Eliz. 6:30-7:45 pm: Vinyasa-Yin YOGA L 1-2 With Heather</p>	<p>11</p> <p>6-7:15 pm: 'Evening' YOGA L 1-2 With Bonnie</p>	<p>12</p> <p>9:30-10:45 am "Empowering Vinyasa" YOGA L 2 With Elizabeth</p>	<p>13</p> <p>9-10:15 am: YOGA L 1-2 With Elizabeth</p> <p>Teacher Training RYT200 #1</p>
<p>14</p>  <p>YOGA-AAAHH</p>	<p>15</p> <p>9-10:15 am: Gentle YOGA L1 With Annie</p> <p>4:30-5:45 pm: Pilates L 1-2 With Lillian 6-7:15 pm: YOGA L 1-2 With Dorothy</p>	<p>16</p> <p>4:45-6 pm: YOGA L 1-2 With Pat</p> <p>NEW Class ! 6:30-7:45 pm: *Pilates & YIN Yoga CORE + Relaxation L 1-2 With Lillian</p>	<p>17</p> <p>9-10:15 am: YOGA L 1-2 With Annie 4:45-6 pm: Pilates L2 With Lillian 6:30-7:45 pm: YOGA L 1-2 With Heather</p>	<p>18</p> <p>6-7:15 pm: 'Evening' YOGA L 1-2 With Pat</p>	<p>19</p> <p>9:30-10:45 am "Empowering Vinyasa" YOGA L 2 With Judith Dress in PINK! Dressforthecause.ca Breast Cancer Support</p>	<p>20</p> <p>9-10:15 am: YOGA L 1-2 With Pat</p>
<p>21</p> 	<p>22</p> <p>9-10:15 am: Gentle YOGA L1 With Dorothy</p> <p>4:30-5:45 pm: Pilates L 1-2 With Lillian 6-7:15 pm: YOGA L 1-2 With Bonnie</p>	<p>23</p> <p>*NEW Class ! Pilates ! Flatten your Belly Trim your Waist Strengthen YIN-Release, Relax! 6:30-7:45 pm: *Pilates & Yin Yoga L 1-2 With Lillian</p>	<p>24</p> <p>9-10:15 am: YOGA L 1-2 With Pat 4:45-6pm: Pilates BALL L 2 With Lillian 6:30-7:45 pm: 'Flow & Let Go' YOGA L 1-2 With Heather</p>	<p>25</p> <p>6-7:15 pm: 'Evening' YOGA L 1-2 With Bonnie</p>	<p>26</p> <p>9:30-10:45 am "Empowering Vinyasa" YOGA L 2 With Judith</p> <p>Fall YOGA Retreat Jocko's Beach Resort Motel Calabogie Oct. 26-28/18</p>	<p>27</p> <p>Fall YOGA Retreat!</p> 
<p>28</p> <p>OM Shanti</p> <p>"Breathe PEACE into your Life...."</p>	<p>29</p> <p>9-10:15 am: Gentle YOGA L1 With Pat</p> <p>4:30-5:45 pm: Pilates L 1-2 With Elizabeth 6-7:15 pm: YOGA L 1-2 With Dorothy</p>	<p>30</p> <p>4:45-6 pm: YOGA L 1-2 With Elizabeth 6:30-7:45 pm: *Pilates & YIN Yoga CORE + Relaxation With Elizabeth</p>	<p>31</p> <p>9-10:15 am: YOGA L 1-2 With Annie 4:45-6pm: Pilates L 2 With Elizabeth</p> <p>No 6:30 pm YOGA Class today Happy Hallowe'en!</p>	<p>NOVEMBER 1</p> <p>6-7:15 pm: 'Evening' YOGA L 1-2 With Pat</p>	<p>NOVEMBER 2</p> <p>9:30-10:45 am "Empowering Vinyasa" YOGA L 2 With Elizabeth</p>	<p>NOVEMBER 3</p> <p>9-10:15 am: YOGA L 1-2 With Elizabeth</p> <p>Teacher Training RYT200 #2 Nov. 3-4/18</p>