



## GROUP YOGA CLASS SCHEDULE

*Schedule is subject to change*

Day	Time	Class Type	Register	Location	Pymt Type	Instructor
Monday						
	8:00-9:00am	Yoga Dynamic	TOL	WGC	Drop In	GT
	9:00-10:00am	Chair Yoga	GYS	DFD	Reg/Drop In	SB
Tuesday						
	8:30-9:30am	Gentle Yoga	TOL	RSR	Registered	GT
	9:45-10:45am	Yoga for Beginners	TOL	RSR	Registered	GT
	10:00-11:00am	Barre for Body & Brain	AzestA	DFD	Monthly	EL
	12:30-1:45pm	Restorative Yoga	LC	TIMMS	Reg/Drop In	GT
Wednesday						
	9:00-10:00am	Yoga for Paddlers	RS	RS	Reg/Drop In	GT
	10:15-11:15am	Restorative Yoga	RS	RS	Reg/Drop In	GT
Thursday						
	9:00-10:00am	Chair Yoga	GYS	DFD	Reg/Drop In	SB
	9:20-10:20am	Yoga Dynamic	TOL	WBY	Drop In	GT
	10:30-11:30am	Gentle Yoga	TOL	WBY	Drop In	GT
	12:10-12:55pm	Wellness Yoga	n/a	WCB	TOL Staff	GT
	1:30-2:45pm	Yoga for Pain & Anxiety	LC	TIMMS	Reg/Drop In	GT
Friday						
	8:00-9:00am	Yoga Dynamic	TOL	WGC	Drop In	GT
	9:30-10:30am	Barre for Body & Brain	AzestA	DFD	Monthly	EL
	11:00-12:00pm	GYS Student Led Class	RS	RS	Drop In	Varies
	12:15-2:15pm	Yoga Lab	RS	RS	Drop In	GT

## LOCATION LEGEND

DFD	Dancing for Dessert
RS	Rasayana Studio
RSR	Riverside Room in Fort Langley (Extension of Walnut Grove Community Centre)
TIMMS	Timms Community Centre
WBY	Willoughby Community Centre
WCB	WC Blair Community Centre
WGC	Walnut Grove Community Centre

## Registration Legend

TOL	Township of Langley
RS	Rasayana Studio
LC	Langley City
<b>GYS</b>	Register through GYS (Grove Yoga School)
AzestA	<a href="http://www.azesta.ca">www.azesta.ca</a>

## INSTRUCTORS

GT	Gaylene Thoeny
SB	Stacey Buss
EL	Elizabeth Lisa

## Payment Type

Drop-in Classes are paid at time of attendance at location.

Registered Classes are pre-paid ahead of time with the associated location.

Reg/Drop-In means both are an option

Monthly is paid monthly