



## 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
	9:45-10:45am	GYS Student Led Class	RS	RS	Drop In	Varies
	11:00-1:00pm	Yoga Lab	RS	RS	Drop In	GT
Tuesday						
	12:30-1:45pm	Restorative Yoga	LC	TIMMS	Reg/Drop In	GT
	* 3:15-4:00pm	Youth Hub	LC	YH	Drop In	GT
Wednesday						
	9:00-10:00am	Yoga for Paddlers	RS	RS	Reg/Drop In	GT
	10:15-11:30am	Restorative Yoga	RS	RS	Reg/Drop In	GT
Thursday						
	1:00-2:00pm	Yoga for Pain	TOL	WCB	Registered	GT
Friday						
	8:00-9:00am	Yoga Dynamic	TOL	WGC	Drop In	GT
	9:45-10:30am	Chair Yoga	TOL	RSR	Reg	GT
	11am-noon	Gentle Yoga	TOL	WBY	Drop In	GT

## LOCATION LEGEND

RS	Rasayana Studio
RSR	Riverside Room in Fort Langley (Extension of Walnut Grove Community Centre)
TIMMS	Timms Community Centre
WBY	Willoughby 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)

## INSTRUCTORS

GT Gaylene Thoeny

\* Not every week

## 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