

# ALIVE HUMBER BAY

## MAY 2019

THIS SCHEDULE IS NOT NECESSARILY UP TO DATE. PLEASE REFER TO OUR ONLINE SCHEDULE FOR UP TO THE MINUTE CHANGES!

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>DAYTIME</b>					
9:30 AM	MAT PILATES	STRETCH & RESTORE		HATHA	MAT PILATES
10:00 AM		YOGA W BABY		PILATES W BABY	
12:00 PM	FLOW	HATHA	MAT PILATES	FLOW	SLOW FLOW
<b>EVENING</b>					
5:30 PM				FLOW	
6:15 PM	MAT PILATES	POWER FLOW	MAT PILATES		MAT PILATES
6:30 PM				SLOW FLOW	FLOW
6:45 PM	YOGA GYM	HATHA	YOGA GYM	PRENATAL YOGA	
7:00 PM					
7:30 PM	RESTORATIVE		YOGA BASICS		
7:45 PM		SLOW FLOW			
8:00 PM		MAT PILATES		RESTORATIVE	
8:15 PM	FLOW		FLOW	MAT PILATES	
8:45 PM			YIN		

	Saturday	Sunday
<b>WEEKEND</b>		
9:00 AM	MAT PILATES	
9:30 AM	FLOW	SLOW FLOW
10:30 AM	HATHA	
10:45 AM		HATHA
11:00 AM	POWER FLOW	FLOW
12:15 PM		FLOW & RESTORE



WEBSITE:  
EMAIL:  
PHONE:

Room temperature  
Warm - 28C  
Hot - 35C

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