

## **Summer Class Schedule:**

### **Monday**

12pm-1pm      Yoga For Stiff Guys @ Awareness in Elora

6pm-7:00pm    Yin Yoga @ Awareness in Elora

730pm-830pm   Yoga for Stiff Guys @ Awareness in Elora

### **Tuesday**

930am-1030am Yang/Yin Yoga @ Modo Guelph (check Modo sched!)

545pm-645pm   Yoga for Stiff Guys @ Fitness Junction Guelph

730pm-830pm   Power Flow @ Awareness Yoga in Elora

### **Wednesday**

1015pm-115pm   Hot Yin Yoga @ Goodlife in Waterloo/Weber

6pm-700pm      Yang/Yin Yoga @ Awareness in Elora

730-830pm      Yoga for Stiff Guys

### **Thursday**

1015am-1115am Hot Yin @ Goodlife Cambridge/Hespeler

130pm-230pm   Hot Power Flow @ Midtown Yoga Kw

### **Friday**

930am-1045am   Hot Power Flow @ Modo Yoga Gueph

530pm-630pm    Hot Power Yoga @ Goodlife in Guelph/Eramosa

730pm-845pm    Warm Yin Yoga @ Midtown Yoga KW

### **Saturday**

9am-1000am    Yang/Yin @ Awareness in Elora

### **Sunday**

6pm-7pm        Warm Yin Yoga @ Midtown Yoga KW

## **Locations:**

Awareness Yoga

44 Mill Street West  
Elora, ON N0B 1S0

Goodlife Fitness Cambridge

600 Hespeler Road  
Cambridge, ON N1R 8H2

Goodlife Fitness Waterloo

270 Weber St. N.  
Waterloo, ON N2J 3H6

Goodlife Fitness Guelph

279 Eramosa Rd.  
Guelph, ON N1E 3M7

Fitness Junction Guelph

86 Norfolk Street  
Guelph, ON N1H 2N6

Midtown Yoga KW

663 Belmont Ave. West  
Kitchener, ON N2M 1N8

Modo Yoga Guelph

78 Norfolk Street  
Guelph, ON N1H 4J2