


	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	MAT	REFORMER	
7am				7 to 8am Reformer Combo 2 Kelly				7 to 8am Reformer Combo 2 Kelly	<i>Summer Session Part 1 June 28th to July 31st 2010</i>				
8am													
9am		9 to 10am Reformer Combo 2 Jacqueline		NEW! 9am to 10am Reformer Combo Foundations Jacqueline	9 to 10am Yoga Flow Nicole <i>Starting July 7th</i>			9 to 10am Reformer Combo 2 Jacqueline	830 to 10am Flow Yoga Nicole	NEW! 9am to 10am Reformer Combo Foundations Jacqueline		9am to 10am Reformer Combo 1 Rotation	
10am	10 to 11am ICBC Core Conditioning Program Heidi	10 to 11am Reformer Combo 2 Kim	10 to 11am Mat 2 Jacqueline		10 to 11am ICBC Core Conditioning Program Heidi	10 to 11am Reformer Combo 2 Kim	10 to 11am Mat 2 Jacqueline		10 to 11am Restorative Yoga Nicole	10 to 11am Reformer 2 Jacqueline	10 to 11am Mat 2 Rotation		
11am	11 to 12pm ICBC Core Conditioning Program Heidi Group Forming	11 to 12pm Reformer Combo 1 Kim	11 to 12pm Mat 1 Jacqueline		11 to 12pm ICBC Core Conditioning Program Heidi Group Forming	11 to 12pm Reformer Combo 1 Kim	11 to 12pm Mat 1 Jacqueline			11 to 12pm Reformer 1 Jacqueline		11 to 12am Reformer 2 Rotation	
12pm				12 to 1pm Reformer Combo 2 Jacqueline						12 to 1pm Reformer Combo 2 Jacqueline	12 to 1pm Mat 1 Rotation		
1pm				1 to 2pm Reformer Combo 1 Karen				1 to 2pm Reformer Combo 1 Karen	Instructor Class		 <p>LEGEND Foundations Level 1 Level 2 Level 3 Yoga Specialty</p> <p>WANT TO BOOK A PRIVATE OR SEMI PRIVATE SESSION? Call or Email to set up an appointment</p>		
2pm	2 to 3pm ICBC Core Conditioning Program Heidi		2 to 3pm Mat Rehab Karen		2 to 3pm ICBC Core Conditioning Program Heidi		2 to 3pm Mat Rehab Karen						2 to 3pm Reformer Combo 2 Leslie
3pm		3 to 4pm Reformer Combo 2 Kelly				3 to 4pm Reformer Combo 2 Kelly			3 to 4pm Mat 2 Leslie				
4pm	4 to 5pm ICBC Core Conditioning Program Heidi Group Forming	4 to 5pm Reformer Combo 1 Kelly	4 to 5pm Mat 1 Leslie		4 to 5pm ICBC Core Conditioning Program Heidi Group Forming	4 to 5pm Reformer Combo 1 Kelly	4 to 5pm Mat 1 Leslie		4 to 5pm Mat 1 Leslie				
5pm	5 to 6pm Mat 1 Debby	5 to 6pm Reformer Combo 3 Kim	5 to 6pm Mat 2 Leslie	5 to 6pm Reformer Combo Rehab Karen	5 to 6pm Mat 2 Jacqueline	5 to 6pm Reformer Combo 3 Kim	5 to 6pm Mat 2 Leslie	5 to 6pm Reformer Combo Rehab Karen		5 to 6pm Men's Reformer Kim			
6pm	6 to 7pm Mat 3 Kim	6pm to 7pm Reformer Combo 1 Debby	6pm to 7pm ICBC Core Conditioning Program Karen	6 to 7pm Reformer Combo 2 Jacqueline	6pm to 7pm Mat 3 Kim	6pm to 7pm Reformer Combo 1 Debby	6pm to 7pm ICBC Core Conditioning Program Karen	6pm to 7pm Reformer Combo 2 Leslie					
7pm	7 to 8pm Mat 2 Debby		7 to 8pm Mat 1 Leslie	7pm to 8pm Reformer Combo 1 Karen	7 to 8pm Mat 2 Debby		7 to 8pm Mat 1 Leslie	7 to 8pm Reformer Combo 1 Karen					