


	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 Debby				7 to 8am Reformer Combo 2 Debby	<i>Summer Session Part 2 August 3rd to September 3rd 2010</i>				
8am													
9am		9 to 10am Reformer Combo 2 Jacqueline		9am to 10am Reformer Combo 1 Jacqueline	9 to 10am Yoga Flow Nicole			9 to 10am Reformer Combo 2 Jacqueline	830 to 10am Flow Yoga Nicole	9am to 10am Reformer Combo 1 Jacqueline		9am to 10am Reformer Combo 1 Rotation <i>Group Forming</i>	
10am	10 to 11am ICBC Core Conditioning Program Heidi		NEW! 10 to 11am Mat Foundations Jacqueline		10 to 11am ICBC Core Conditioning Program Heidi		NEW! 10 to 11am Mat Foundations Jacqueline		10 to 11am Restorative Yoga Nicole		10 to 11am Mat 2 Rotation		
11am	11 to 12pm ICBC Core Conditioning Program Heidi <i>Group Forming</i>	11 to 12pm Reformer Combo 1 Kim		11 to 12pm Reformer 1 Jacqueline	11 to 12pm ICBC Core Conditioning Program Heidi <i>Group Forming</i>	11 to 12pm Reformer Combo 1 Kim				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			
1pm									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						
3pm		3 to 4pm Reformer Combo 2 Debby		3 to 4pm ICBC Core Conditioning Program Karen <i>Group forming</i>		3 to 4pm Reformer Combo 2 Debby		3 to 4pm ICBC Core Conditioning Program Karen <i>Group forming</i>					
4pm	4 to 5pm ICBC Core Conditioning Program Heidi	4 to 5pm Reformer Combo 1 Debby	4 to 5pm Mat 1 Leslie		4 to 5pm ICBC Core Conditioning Program Heidi	4 to 5pm Reformer Combo 1 Debby	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	NEW! 5 to 6pm Reformer Combo Foundations Karen	5 to 6pm Mat 2 Jacqueline <i>September 7th</i>	5 to 6pm Reformer Combo 3 Kim	5 to 6pm Mat 2 Leslie	NEW! 5 to 6pm Reformer Combo Foundations Karen		NEW! 5 to 6pm Men's Reformer Kim <i>Group Forming</i>			
	6 to 7pm Mat 3 Kim	NEW! 6pm to 7pm Reformer Combo Foundations Debby	6pm to 7pm ICBC Core Conditioning Program Karen	6 to 7pm Reformer 2 Jacqueline <i>September 7th</i>	6pm to 7pm Mat 3 Kim	NEW! 6pm to 7pm Reformer Combo Foundations Debby	6pm to 7pm ICBC Core Conditioning Program Karen	6pm to 7pm Reformer 2 Leslie	Group Forming: <i>Not enough participants yet, call or email to book your spot!</i>				
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					