



9733 Tecumseh Road, Windsor ON

519 478 0087

Eastside-yoga.com

Day/Time	Class	Level	Teacher
Sunday			
9:15am-10:30am	Mixed Level Flow	1-2	Heather
10:45am-12:00pm	Mindful Mama Prenatal	Pre- register	Laurel
Monday			
9:30am-10:45am	Anusara Inspired	1-2	Dianne
11:00am-11:45am	Mindful Meditation	1	Gisele
5:30pm- 6:30pm	Healthy Backs and Therapy	1	Dianne
6:45pm-7:45pm	Vinyasa Hour	1	Dianne
8:00pm-9:00pm	Yin/ Gentle Yoga	1	
Tuesday			
6:00am-7:00am	Vinyasa Hour	1-2	Melissa
9:30am-10:30am	Yoga Basics	1	Dianne
5:30pm-6:30pm	Vinyasa Hour	1-2	Dianne
7:00pm-8:00pm	Yoga basics	1	Heather/TBA
Wednesday			
6:00am-7:00am	Vinyasa Hour	1-2	Dianne
9:30am-10:30am	Yoga Basics	1	Josie
5:30pm-6:30pm	Healthy Backs/ Therapeutics	1	Dianne
6:45pm-7:45pm	Vinyasa Hour	2	Mesia
Thursday			
6:00am-7:00am	Anusara Inspired	1-2	Dianne
9:30am-10:45am	Mixed Level Flow	1-2	Renee
5:30pm-6:45pm	Mixed Level Flow	1-2	Sharon
7:00pm-8:00pm	Yin Yoga	1	Heather
Friday			
9:30am-10:30am	Yoga Basics	1	Renee
1:15pm-2:15pm	Mindful Mommas & Baby Yoga	Pre-register	Laurel
6:00pm-7:15pm	Karma Class	1	Teachers in Training
Saturday			
7:00am	Anusara Inspired	2	Dianne
9:15am-10:15am	Vinyasa Hour	1-2	Dianne



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