

VITALITYYOGA

WINTER I SCHEDULE November 1 - December 31

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SUNRISE		9:00 - 10:00 Bellyfit Flow Heather	8:30 - 9:45 Yoga Pilates Flow Melisa			8:30 - 9:45 Yoga Pilates Flow Melisa	
MORNING	10:00 - 11:00 Easy Practice Melisa			10:00 - 11:15 Gentle Yoga Melisa		10:00 - 11:00 Gentle Yoga Melisa	10:00 - 11:15 Yoga Pilates Flow Melisa
MID-DAY	11:30 - 1:00 Advanced Practice Melisa						12:00 - 1:15 Mellow Flow Melisa
AFTERNOON							
EVENING				5:30 - 6:45 Yoga Pilates Flow Melisa			

*Class with studio and virtual access

*Studio class only

For holiday changes and other scheduling exceptions, and to access our online scheduling and booking please visit our website. Space in each class is limited, signing up online reserves your spot in class.

www.vitalitynelson.com/yoga.html

205 Victoria Street, Nelson BC