

January

2015

Ommamma Yoga Schedule

2631 E 21st ave, Van..604-943-3221 kfenlon1@me.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				HAPPY NEW YEAR! 1	NO CLASSES SCHEDULED 2	NO CLASSES SCHEDULED 3
Sunday Stretch & Strength 10:00-11:15 4	NO CLASSES SCHEDULED 5	Hatha Flow 10:30-11:45 6:00-7:15 Hatha 6		9:30-10:30 Chair/Gentle Yoga 4:30-5:46 hatha 6:00-7:15 Hatha 8	9:00-10:15 Morning Hatha 9	NO CLASSES SCHEDULED 10
Sunday Stretch & Strength 10:00-11:15 11	NO CLASSES SCHEDULED 12	Hatha Flow 10:30-11:45 6:00-7:15 Hatha 13	Yoga in Richmond Time TBD 14	9:30-10:30 Chair/Gentle Yoga 4:30-5:45 hatha 6:00-7:15 Hatha 15	9:00-10:15 Morning Hatha 16	NO CLASSES SCHEDULED 17
Sunday Stretch & Strength 10:00-11:15 18	NO CLASSES SCHEDULED 19	Hatha Flow 10:30-11:45 6:00-7:15 Hatha 20		9:30-10:30 Chair/Gentle Yoga 4:30-5:45 hatha 6:00-7:15 Hatha 22	9:00-10:15 Morning Hatha 23	NO CLASSES SCHEDULED 24
Sunday Stretch & Strength 10:00-11:15 25	NO CLASSES SCHEDULED 26	Hatha Flow 10:30-11:45 6:00-7:15 Hatha 27	Yoga in Richmond Time TBD 28	9:30-10:30 Chair/Gentle Yoga 4:30-5:45 hatha 6:00-7:15 Hatha 29	9:00-10:15 Morning Hatha 30	NO CLASSES SCHEDULED 31

Everyone welcome!....1st class is free....Drop in...\$10.00.....10 class card..\$100....11th class free.....