



the studio

where Yoga and Pilates meet under one roof



Yoga schedule

Schedule from September 8th - December 23rd, 2010

Highlighted Colours denotes class is pre-registered. Blue highlight indicates class is twice weekly.
All other classes are drop-in.

90 minute drop-in fees:

trial class \$12

eight classes \$100 valid for ten weeks

single class drop in \$14

pre-registered Mondays and Wednesdays: September 8 to December 22; 30 classes \$340

pre-registered Tuesdays: September 7 to December 21; 16 classes \$180

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am	beginner/ intermediate Richard	nifty fifties age appropriate Richard	beginner/ intermediate Richard			
11:30 am						
Noon			lunch yoga all levels Richard			12:30pm yogalates Myra
1:00pm						
5:30 pm	intermediate Richard	startup yoga Richard yogalates Myra	beginner/ intermediate Richard			
7:00 pm						
7:15 pm	beginner/ intermediate Richard	beginner/ intermediate Richard	beginner/ intermediate Richard	gentle yoga with Megan Brady 7:30pm (1hr)		
8:45 pm						

For further information call Richard Mueller at 660-4545.

Email: richard@yogawhitehorse.ca

To register for classes with Megan Brady, please contact her directly at 335-3904

the studio
Granger Mall

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