



ERYN'S YOGA
• STRONG BODY • CALM MIND •

“
*Let's start
the journey*
...”

VIRTUAL YOGA 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		New!			New!	↓ Starting Sept. 4 Sat = 45 mins!
Rest zzz	<u>Slow Flow</u> 10:30-11:30am <u>G'nite Yoga</u> 7:45-8:30pm	<u>Slow Stretch</u> 7:45-8:30pm	<u>Gentle Yoga</u> 10:30-11:30am	<u>Bliss 4 Hips</u> 6:30-7:30pm	<u>Hatha Flow</u> 11:00am- 12:00pm	<u>Strong & Calm</u> 10:30- 11:30am
Rest zzz	<u>Slow Flow</u> 10:30am <u>G'nite Yoga</u> 7:45-8:30pm	<u>Slow Stretch</u> 7:45-8:30pm	<u>Gentle Yoga</u> 10:30-11:30am	<u>Bliss 4 Hips</u> 6:30-7:30pm	<u>Hatha Flow</u> 11:00am- 12:00pm	<u>Strong & Calm</u> 10:30- 11:15am
Rest zzz	<u>Slow Flow</u> 10:30am <u>G'nite Yoga</u> 7:45-8:30pm	<u>Slow Stretch</u> 7:45-8:30pm	<u>Gentle Yoga</u> 10:30-11:30am	<u>Bliss 4 Hips</u> 6:30-7:30PM	<u>Hatha Flow</u> 11:00am- 12:00pm	<u>Strong & Calm</u> 10:30- 11:15am
Rest zzz	<u>Slow Flow</u> 10:30am <u>G'nite Yoga</u> 7:45-8:30pm	<u>Slow Stretch</u> 7:45-8:30pm	<u>Gentle Yoga</u> 10:30-11:30am	<u>Bliss 4 Hips</u> 6:30pm-7:30pm	<u>Hatha Flow</u> 11:00am- 12:00pm	<u>Strong & Calm</u> 10:30- 11:15am

www.ErynsYoga.com

 Eryn@ErynsYoga.com

 Eryn's Yoga

 @ErynsYoga

 Eryn Kirkwood / Eryn's Yoga

*There will be no classes on Monday, September 6th, for Labour Day.

**The class schedule is subject to change. Any changes will be made at the start of the month.