



THE BODYMIND CENTRE

FOLLOW US ON SOCIAL MEDIA

POWER WEEK
SEPTEMBER 3-8 \$30
UNLIMITED CLASSES

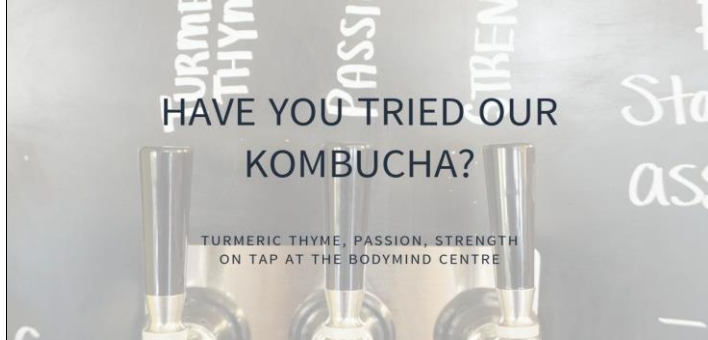
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FALL 2019 SESSION 807-344-1628

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WARM UNLOCK YOUR HIPS 9:00 - 10:00 Erin	WARM VINYASA 7:30 - 8:30 Arthur	WARM HIP SERIES 8:00 - 9:00 Erin	NEW! HOT CORE FLOW 7:50 - 8:50 Tia	WARM YIN 9:00 - 10:15 Angela	HOT VINYASA 9:15 - 10:15 Kaileigh	HOT FLOW 9:00 - 10:00 Sara-Kim
HOT FLOW 10:10 - 11:10 Tia	WARM FLOW 9:00 - 10:00 Diane	HOT POWER 9:00 - 10:00 Diane	WARM UNLOCK YOUR HIPS 9:00 - 10:00 Erin	MEDITATION 10:15 - 10:30 Angela	WARM STRENGTH AND BALANCE 10:30 - 11:30 Kimberly	HOT 26 10:00 - 11:00 Sara-Kim
WARM YIN 11:10 - 12:10 Tia	WARM YIN 10:10 - 11:10 Diane	WARM YIN & TWIST 10:10 - 11:10 Diane	WARM FLOW 10:15 - 11:15 Diane	HOT FLOW 10:35 - 11:35 Tia	WARM YIN 11:35 - 12:35 Kelly R	HOT GENTLE 11:10 - 12:10 Sara-Kim
WARM FLOW 12:15 - 1:05 Tia		WARM FLOW 12:00 - 12:50 Tia			WARM GENTLE 12:40 - 1:40 Kelly R	
				HOT SLOW FLOW 4:30 - 5:30 Patricia		
HOT HAPPY HIPS 5:00 - 6:00 Latoya				WARM YIN 5:35 - 6:35 Patricia		
HOT FLOW 6:05 - 7:00 Latoya	WARM YIN 4:30 - 5:30 Julie	HOT FLOW 5:10 - 6:10 Diane	HOT POWER 4:30 - 5:30 Arthur			
HOT GENTLE 7:05 - 8:10 Jackii	HOT FLOW 5:35 - 6:35 Sasha	HOT YIN 6:15 - 7:15 Diane	HOT YIN & TWIST 5:35 - 6:35 Diane		1 Year \$89/month 6 Month \$99/month 6 Month Student \$69/month 4 Month Student \$260 upfront payment 1 Month Pass \$150 1 Month Pass Student \$99 3/6/12 Drop In \$42/\$85/\$165 12 Class Pack Reformer \$198 12 Class Pack Kids \$99 1 & 2 Time/Week \$105 & \$210 1 & 2 Time/Week Reformer \$128 & \$252	
HOT YIN 8:10 - 9:10 Jackii	HOT YIN 6:50 - 7:50 Patricia	HOT GENTLE 7:20 - 8:35 Erin	HOT FLOW 6:45 - 7:45 Mia			



NAMA-STAY IN THE KNOW!

FOLLOW US ON SOCIAL MEDIA

LULULEMON NEW ARRIVALS, SCHEDULE UPDATES AND GIVEAWAYS!

1 Year	\$89/month
6 Month	\$99/month
6 Month Student	\$69/month
4 Month Student	\$260 upfront payment
1 Month Pass	\$150
1 Month Pass Student	\$99
3/6/12 Drop In	\$42/\$85/\$165
12 Class Pack Reformer	\$198
12 Class Pack Kids	\$99
1 & 2 Time/Week	\$105 & \$210
1 & 2 Time/Week Reformer	\$128 & \$252



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S L E P I N G	GENTLE YOGA 10:00 - 11:30 Erin	NEW! ABS + FLOW 6:45- 7:45 Tia	BOSU BLAST 9:00 - 10:00 Sandi	NEW! GLUTES + FLOW 6:45 - 7:45 Tia	TRX/BALL/BOSU 9:00 - 10:00 Sandi	KUNDALINI 8:00 - 9:30 Erin @ Dharmahouse	YIN/YANG 9:00 - 10:00 Jackii
		55+ FIT FOR LIFE 9:30 - 10:30 Anne	GENTLE YOGA 10:00 - 11:30 Erin	55+ FIT FOR LIFE 9:30 - 10:30 Anne	GENTLE YOGA 10:00 - 11:30 Erin	FORM & FLOW 9:00 - 10:30 Kimberly	FAMILY YOGA 10:00 - 11:00 Jackii
G I A N T		GENTLE FLOW 10:30 - 12:00 Nancy	MOM & BABY 11:30 - 12:30 Diane	GENTLE FLOW 10:30 - 11:30 Patricia		VINYASA 10:30 - 11:30 Kaileigh	KIDS YOGA 11:00 - 11:45 Daniela
	YOGA FOR BACKS 2:00 - 3:00 Diane	ERGONOMIC 12:05 - 12:55 Anne	GENTLE PILATES 2:00 - 3:00 Diane	ERGONOMIC 12:05 - 12:55 Anne		RESTORATIVE 11:40 - 1:00 Angela	PRE-NATAL YOGA 12:00 - 1:00 Daniela
S T U D I O	KUNDALINI 4:35 - 5:45 Erin	CORE YOGA 5:00 - 6:00 Tia	KID'S ANTI-GRAVITY 3:30 - 4:15 Diane	HIIT YOGA 4:30 - 5:30 Diane	PRIVATE CLASS 4:00 - 5:00		ANTI-GRAVITY 1:00 - 1:45 Daniela
	VAGAL RESTORATIVE 5:50 - 7:00 Erin	FLOW + BALANCE 6:00 - 7:00 Tia	ANTI-GRAVITY 4:15 - 5:00 Diane	GENTLE YOGA 6:00 - 7:00 Kaileigh	LUNAR/SOLAR FLOW 6:00 - 7:00 Angela		CRYSTAL BOWL AND GONG MEDITATION 7:00 - 8:30 BY DONATION with Erin
P I L A T E S	RESTORATIVE 7:10 - 8:30 Angela	GENTLE YOGA 7:05 - 8:05 Kaileigh	KUNDALINI 5:00 - 6:30 Erin	YINSTORATIVE 7:10 - 8:30 Nancy	AROMATHERAPY YINSTORATIVE 7:05 - 8:30 Angela		
	HIIT/CARDIO TRAMP 9:15 - 10:00 Diane	ESS REFORMER 9:00 - 10:00 Sandi	ESS REFORMER 9:00 - 10:00 Erin	HIIT/CARDIO TRAMP 9:00 - 9:50 Sandi	ESS REFORMER 10:00 - 11:00 Sandi	ESS REFORMER 9:00 - 10:00 Tracey/Sandi/Diane	
S T U D I O	ESS REFORMER 10:00 - 11:00 Diane	ALL LEVELS MAT 10:05 - 11:05 Sandi	NEW! BARRE + REFORMER 10:10 - 11:00 Sandi	ESS/ESS+ MAT 10:00 - 11:00 Sandi		INTRO REFORMER 10:00 - 11:00 Tracey/Sandi/Diane	
	INTRO REFORMER 11:05 - 12:05 Diane		ESS REFORMER 12:45 - 1:45 Diane	INTRO MAT 11:20 - 12:20 Diane			
U N D E R	HIIT 4:30 - 5:00 Diane	HIIT/CARDIO TRAMP 5:00 - 5:45 Diane		HIIT 5:00 - 5:30 Sandi			WORKSHOPS YOGA FOR A BUSY MIND wednesday's 7:30 - 8:30am YOGA FOUNDATIONS Saturday's 1:15 - 2:15pm with Kaileigh ask the front desk for more details!
	ESS REFORMER 5:00 - 6:00 Diane	INTRO MAT 5:45 - 6:45 Diane	ESS MAT 5:00 - 5:45 Sandi	NEW! BARRE + REFORMER 5:30 - 6:30 Sandi			
O	INTRO 6:00 - 7:00 Diane	ESS REFORMER 6:45 - 7:45 Diane	REFORMER CARDIO TRAMP 5:45 - 6:30 Sandi	INTRO REFORMER 6:45 - 7:45 Diane	ESS REFORMER 4:00 - 5:00 Diane		