




Where science meets spirit

JAN 9 - MAR 16 **THE STUDIO - WINTER SCHEDULE** JAN 9 - MAR 16

MON	TUES	WED	THUR	FRI	SAT	SUN
					<p>THE STUDIO IS AVAILABLE ON WEEKENDS FOR YOUR WORKSHOPS OR SEMINARS...</p> <p>CALL 306-343-1799</p>	<p>THE STUDIO IS AVAILABLE ON WEEKENDS FOR YOUR WORKSHOPS OR SEMINARS...</p> <p>CALL 306-343-1799</p>
12:00pm - 12:45pm NOON HOUR YOGA		12:00pm - 12:45pm NOON HOUR YOGA		12:00pm - 12:45pm NOON HOUR YOGA		
5:40pm - 6:40pm ZUMBA FITNESS				5:40pm - 6:40pm ZUMBA FITNESS		
6:50pm - 7:50pm ZUMBA GOLD	6:50pm - 7:50pm MULTI-LEVEL YOGA	6:50pm - 7:50pm MULTI-LEVEL YOGA		6:50pm - 7:50pm MULTI-LEVEL YOGA		