

Event	Timing	Description
Beginners Yoga	9:00 am – 9:45 am	A mindful start to the day. Whether it is your first time on the yoga mat or you have been here a few times, this class will focus on moving mindfully and making it accessible to all levels. Through the link of Breath and Movement, we will together find a place of concentration and explore how this can help us move strong, gracefully, and uplifted through class and everyday life.
Fitness at Home	10:00 am – 10:45 am	We have selected movements that are easy to scale up or scale down with inclusiveness in mind. The workout will be accessible to all ages and fitness levels with modifications. So join in with your family and participate in this class to help engage your core.
Vinyasa Flow	11:00 am – 11:45 am	Appreciating and Celebrating our bodies and what they do for us is at the core of this class. We will move through a journey of finding connection, strength, and ease to find a balance between the three. Modifications to scale up or down will be offered to make this class accessible and enjoyable to different levels.
Beginners Yoga	1:00 pm – 1:45pm	YogaAfternoon Boost. Tempted to reach for that second cup of coffee of the day? Come move instead! This beginners class will focus on providing our bodies with a bit of energy boost through Movement. A class geared to providing students with tools to use Movement and yoga to fuel with energy without feeling depleted. A fun, energizing class is accessible to all levels. It is a physical, mental, and spiritual practice that originated in India. The ultimate goal of yoga is to attain tranquillity in the mind and spirit and achieve this goal through yoga poses and meditation. Join this beginners class to start with the basics.
Fitness at Home	2:00 pm – 2:45 pm	We have selected movements that are easy to scale up or scale down with inclusiveness in mind. The workout will be accessible to all ages and fitness levels with modifications. So join in with your family and participate in this class to help engage your core.
Vinyasa Flow	3:00 pm – 3:45 pm	Appreciate Movement, find gratitude, set your intentions to move forward. An energizing class with a sprinkle of slowing down. The perfect style to finish a day full of activities, celebrating our health, bodies, and Movement. We will find heat; we will sweat, smile and set intentions to take this energy forward beyond this National Sports Day. Modifications to scale up or down will be offered to make this class accessible and enjoyable to different levels.