



Wortley Wellness Centre

Studio - Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 8:30am			YOGA - Gentle			
8:30am - 9:00am			8-9:30am			NIA deepening
9:00am - 9:30am	NIA - Newbies			NIA - Rocks!		8:30-10am
9:30am - 10:00am	9-10am			9-10am	YOGA - Anusara	
10:00am - 10:30am			YOGA - Chair		9:30-10:30am	
10:30am - 11:00am			10-11am			Boot Camp
11:00am - 11:30am						10:30-11:30am
11:30am - 12:00pm						
2:30pm - 3:00pm						
3:00pm - 3:30pm					Pilates	
3:30pm - 4:00pm					3-4pm	
4:00pm - 4:30pm						
4:30pm - 5:00pm						
5:00pm - 5:30pm						
5:30pm - 6:00pm	Yoga - Gentle		NIA - Newbies	YOGA - Anusara		
6:00pm - 6:30pm	5:30-6:30	NIA - Rocks!	5:30-6:30pm	5:30-7pm		
6:30pm - 7:00pm		6-7pm				
7:00pm - 7:30pm			Boot Camp			
7:30pm - 8:00pm		YOGA - Anusara	7-8pm			
8:00pm - 8:30pm		7:30-8:30			Feel this good...	
8:30pm - 9:00pm			Pilates			
9:00pm - 9:30pm			8:30-9:30pm			
9:30pm - 10:00pm						

Yoga Anusara—
Taught by Mindy Willis



Nia—
Instructed by
Susan Meehan



.. get it!

Personal Training AVAILABLE Monday to Saturday (All Day)