

# YOGA SANCTUARY

## MARCH 2019

<b>YOGA SANCTUARY</b>						<b>1</b> 900 Yoga Detox – Des <b>75min</b> 515 Karma Yoga - Lacey <b>75min</b>	<b>2</b> 900 Hot Freedom Flow-Sarah <b>75min</b>
<b>3</b> 1000 Hatha –Vivian 400 Candlelight Yin - Warren	<b>4</b> 900 Creative Flow - Taylor 530 Release, Restore & Meditate Taylor 700 Original Hot - Sarah <b>75min</b>	<b>5</b> 900 Original Hot - Lisa 530 Foundations Flow - Lindsay 700 Candlelight Yin - Vivian	<b>6</b> 900 Hatha - Taylor 530 Sculpt & Stretch-Des 700 Hatha -Sarah	<b>7</b> 900 Hot SculptStretch -Lisa 530 H. Flow -Taylor 700 Stretch/Release -Taylor <b>75min</b>	<b>8</b> 900 Yoga Detox – Des <b>75min</b> 515 Karma Yoga - Lisa <b>75min</b>	<b>9</b> 900 Hot Freedom Flow- Sarah <b>75min</b>	
<b>10</b> 1000 Hatha –Vivian 400 Candlelight Yin - Warren	<b>11</b> 900 Creative Flow - Taylor 530 Release, Restore & Meditate - Taylor 700 Original Hot - Sarah <b>75min</b>	<b>12</b> 900 Original Hot - Lisa 530 Foundations Flow - Lindsay 700 Candlelight Yin - Vivian	<b>13</b> 900 Hatha - Taylor 530 Sculpt & Stretch-Des 700 Hatha -Sarah	<b>14</b> 900 Hot SculptStretch -Lisa 530 H. Flow -Taylor 700 Stretch/Release -Taylor <b>75min</b>	<b>15</b> 900 Yoga Detox – Des <b>75min</b> 515 Karma Yoga- Lacey <b>75min</b>	<b>16</b> 900 Hot Freedom Flow- Charlotte <b>75min</b>	
<b>17</b> 1000 Hatha -Vivian 400 Candlelight Yin - Warren	<b>18</b> 900 Creative Flow - Taylor 530 Release, Restore & Meditate - Taylor 700 Original Hot - Sarah <b>75min</b>	<b>19</b> 900 Original Hot - Lisa 530 Foundations Flow - Lindsay 700 Candlelight Yin - Vivian	<b>20</b> 900 Hatha - Taylor 530 Sculpt & Stretch-Des 700 Hatha -Sarah	<b>21</b> 900 Hot SculptStretch -Lisa 530 Flow -Taylor 700 Stretch/Release -Taylor <b>75min</b>	<b>22</b> 900 Yoga Detox – Des <b>75min</b> 515 Karma- Yoga Lacey <b>75min</b>	<b>23</b> 900 Hot Freedom Flow-Sarah <b>75min</b>	
<b>24</b> 1000 Hatha -Vivian 400 Candlelight Yin - Warren	<b>25</b> 900 Creative Flow - Taylor 530 Release, Restore & Meditate - Taylor 700 Original Hot - Sarah <b>75min</b>	<b>26</b> 900 Original Hot - Lisa 530 Foundations Flow - Lindsay 700 Candlelight Yin - Vivian	<b>27</b> 900 Hatha -Taylor 530 Sculpt & Stretch-Des 700 Hatha -Sarah	<b>28</b> 900 Hot SculptStretch -Lisa 530 Flow -Taylor 700 Stretch/Release -Taylor <b>75min</b>	<b>29</b> 900 Yoga Detox – Des <b>75min</b> 515 Hot Karma- Lacey <b>75min</b>	<b>30</b> 900 Hot Freedom Flow-Sarah <b>75min</b>	
<b>31</b> 1000 Hot Hatha - Vivian 400 Candlelight Yin - Warren	<b>Check our online schedule for most updated times, changes and updates <a href="http://www.nolimitsfitness.ca">www.nolimitsfitness.ca</a>. All classes are 60 min unless otherwise stated. Yin and Stretch &amp; Release classes are unheated</b>						