



THE BODYMIND CENTRE



Christmas Schedule Dec 22nd-Jan 3rd



Holiday Special Pass Dec.22nd - Jan.3rd Unlimited Classes only \$80

Monday

Warm Hips & Hammies

9:00 - 10:00
Fatima

Pilates Mat

9:00 - 10:00
Monica/Crystal

Gentle Yoga

10:00 - 11:30
Erin

Essential Reformer (PR)

10:00 - 11:00
Monica

Warm Flow

10:05 - 11:05
Fatima

Hot Mat Pilates

11:15 - 12:15
Monica

Essential Reformer (PR)

12:00 - 1:00
Erin

Essential Reformer (PR)

5:00 - 6:00
Sandi/Monica

Gentle Vagal Yoga

5:00 - 6:30
Erin

Hot Flow

5:15 - 6:15
Jackii

Warm Deep Stretch

6:25 - 7:25
Jackii

Sculpt & Tone Yoga

6:30 - 7:25
Kim

Warm Candlelit Flow/Yin

7:30 - 8:30
Georgia/Charlotte

Tuesday

Essential Reformer (PR)

8:30 - 9:30
Sandi

Hot Core Fusion

9:30 - 10:30
Monica

Essential Reformer (PR)

9:40 - 10:40
Sandi

Warm Deep Stretch

10:30 - 11:30
Monica

Gentle Flow

10:30 - 11:30
Irene

Essential Reformer (PR)

11:45 - 12:45
Monica

Essential Reformer (PR)

4:00 - 5:00
Monica

Warm Hips & Hammies

4:00 - 5:00
Fatima

Essential + Reformer (PR)

5:00 - 6:00
Keri

Hot Sculpt & Tone

5:00 - 6:00
Monica

Slow Mindful Flow

5:15 - 6:15
Fatima

Warm Yin & Yoga Nidra

6:30 - 7:30
Fatima

Wednesday

Essential Reformer (PR)

8:30 - 9:30
Sandi/Monica

Hot Slow Flow

9:30 - 10:30
Monica

Gentle Yoga

10:00 - 11:30
Erin

Hot Mat Pilates

10:40 - 11:40
Monica

Lunch Time Mat Pilates

12:05 - 12:55
Monica

Essential Reformer (PR)

12:00 - 1:00
Erin

Thursday



C
L
O
S
E
D

Friday Jan 2nd

(Closed Dec 26th)

Essential Reformer (PR)

8:30 - 9:30
Monica

Warm Yin + Meditation

9:00 - 10:15
Angela

Essential Reformer (PR)

9:30 - 10:30
Monica

Gentle Yoga

10:00 - 11:30
Erin

Hot Slow Flow

10:35 - 11:35
Monica

Gentle Reformer (PR)

12:00 - 1:00
Erin

Lunch Time Mat Pilates

12:05 - 12:55
Monica

Hot Flow

4:00 - 5:00
Kim

Barre

4:00 - 5:00
Crystal

Hot Mat Pilates

5:00 - 6:00
Crystal

Aerial Yoga

5:15 - 6:15
Ally

Warm Candlelit Yin

6:05 - 7:05
Fatima

Saturday

Kundalini

7:30 - 9:00
Erin

Hot HIIT Yoga Boot Camp

8:30 - 9:15
Lana

Essential Reformer (PR)

9:15 - 10:15
Keri

Hot Flow

9:20 - 10:20
Jackii

Community Yoga by donation

9:35 - 10:35
Lana

Warm Deep Stretch

10:25 - 11:25
Jackii

Cardio Tramp Reformer (PR)

10:15 - 11:15
Keri

Barre (Jan 3rd Only)

10:30 - 11:30
Crystal

Pilates Mat

10:30 - 11:30
Monica/Crystal

Warm Chakra Yin

12:00 - 1:00
Fatima

**Open House
Saturday,
January 3rd**

**Free Classes,
Workshops &
Snacks**

*Merry Christmas
& Happy New Year*

