



GANGES YOGA CLASS SCHEDULE

NOVEMBER, 2022

MONDAY

9.00am – 10.15am	Yoga for Life!	Celeste
11.00am – 12noon	Yoga with a Chair <i>(level 2)</i>	Celeste
12.30pm – 1.15pm	Yoga with a Chair <i>(Easy Does It)</i>	Celeste
4.00pm – 5.00pm	Mellow Monday Yoga <i>*starts Nov 14</i>	Celeste
5.00pm – 6.00pm	Creative Vinyasa <i>*last class Nov 7, resuming spring 2023</i>	Li Mei

TUESDAY

9.00am – 10.00am	MELT Performance	Jerome
11.00am – 12noon	EveryBody Stretch <i>*no class Nov 1-15 (resumes Nov 22)</i>	Catherine
4.30pm – 5.30pm	EveryBody Stretch <i>*no class Nov 1-15 (resumes Nov 22)</i>	Catherine

WEDNESDAY

7.00am – 8.00am	Rise & Shine Yoga	Hanna
9.00am – 10.00am	Yoga for Life!	Celeste
11.00am – 12noon	Yoga with a Chair <i>(level 1)</i>	Celeste
12.30pm – 1.15pm	Yoga Nidra	Celeste
3.00pm – 4.00pm	Mid-week Mellow Yoga	Celeste
5.00pm – 6.00pm	Fun Flowy Hatha Yoga	Annabelle
7.00pm	Insight Meditation	David & Christine

THURSDAY

9.00am – 10.00am	MELT & Pilates	Jerome
5.00pm – 6.30pm	Improvisation Skills for Life	Simone Cazabon
7.00pm – 8.00pm	Hatha Yoga	Tara & Deb

FRIDAY

9.00am – 10.00am	Yoga for Life!	Celeste
11.00am – 12noon	EveryBody Stretch <i>*no class Nov 4 & 11 (resumes Nov 18)</i>	Catherine
2.30pm – 3.30pm	Gentle Friday Yoga <i>*no class Nov 11</i>	Lesley
7.30pm	Crystal Bowl/Harmonic Toning <i>*Nov 11 & 25</i>	Adam

SATURDAY

9.00am – 10.00am	Yoga Flow	Howie
10.30am – 12noon	MELT Workshop <i>*Nov 12 & 19</i>	Jerome
1.30pm – 3.30pm	Fall Series <i>*Nov 19 & 26</i>	Celeste
7.00pm – 8:30pm	Kirtan! <i>*Nov 5 & 19</i>	Adam

SUNDAY

9.30am – 10.45am	Restorative Yoga <i>*Nov 6, 13, 27</i>	Celeste
1.00pm – 2.30pm	Yoga & Cacao Journey <i>*Nov 13</i>	Simone Artz