



Put a little love in your heart

call 647 824 8325 | 1 Hollyholme Farm Road, Barrie | AnahataYogaFromTheHeart.com connect@sarahmelody.com

Book my class here anahatayogabarrie.as.me/

March 2021 in studio & online **we require a min. 3 sign ups 2hrs before class in order to run

	SUN	MON	TUE	WED	THU	FRI	SAT
8:00 am (60 min)	What's NEW -“Drop ins” welcome for 4 & 8 week series (Wed & Sat). Sign up online			All 8:00 am class bookings must be reserved by 6:00 pm the night before to determine if class will run		Sunrise Flow gentle vinyasa Michelle	Sunrise Flow gentle vinyasa Sarah/Michelle
9:30 am (45 min)		Power Yoga Sarah	Private Class		Soul Flow vinyasa Jenna	Soul Flow vinyasa Cindi	Power Yoga Sarah/Michelle
10:45 am (60 min)	- <u>Special Online Events</u> all month long			Gentle Yoga 8 week series Sarah			10:30 am Barre & Pilates 4 week series Regan
12:15 pm (45 min)	-Can't join at the times listed? Book a private class		Power 20/20 Michelle	Core & More Erica	Self Love Yoga & Meditation Jenna	Meet you at the Mat Pilates Regan	
NEW 1:30 pm (45 min)				Mom & Baby/Tot Yoga Sarah		Mom & Baby/Tot Pilates Regan	
4:45 pm (45 min)			Soul Flow vinyasa Sarah	Power Yoga Becca	Yin to your Yang Regan		
5:45 pm (45 min) Wed. Online only		HippyFlow vinyasa for hips Michelle	Core & More Erica	HippyFlow vinyasa for hips Cindi	Soul Flow vinyasa Regan		
7:00 pm (60 min) Online only	Calm hatha Cindi	MindFULL hatha Chelsea	Just Yin Sarah	Calm hatha Jenna	Calm hatha Becca	*Special Event* Partner Yoga last Friday of the month	