

Registered Class Schedule Fall 2022

Starts September 6. Mom & Baby yoga is held at Moondance Organic Gardens, Angus.

All other in person classes are held at Waterfront Fitness & Pilates, Barrie.

Please note there are no make up classes for registered series.



Book Now: anahatayogabarrie.as.me/

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------------|--|-----|--|-------------------------------|--|---|-----|
| 9:30 am (60 min) | | | ONLINE Sunrise Flow slow flow | | 4 wk in Angus Mom & Baby Yoga at Moondance | ONLINE Soul Flow vinyasa | |
| 10:45 am (60 min) | | | | SELF Love 55+ Hatha | | | |
| 5:30 pm (60 min) | | | | | | Starts Oct 21 Yoga from the Heart | |
| 7:00 pm (60 min) | SOLD OUT Calm hatha/vinyasa | | | | | | |
| 8:00 pm (60 min) | | | | | Yin/Yang | | |

Put a little love in your heart

In person classes are held at Waterfront Fitness
17 Gowan Street Unit 1, Barrie

Private Individual and Group Classes available. Call or email to inquire

ONLINE Class Offerings start September 2022

*6 week series on Tues & Fri is not included in the monthly membership price.

Students are welcome to "Top Up" their package to join both offerings.

Please [email](#) or visit our [site](#) for pricing



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| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------------------|-----|--|---------------------------|-------------------------------------|----------------------|----------------------|-------------------------|
| | | 6 wk series Tues/Fri | | | 6 wk series Tues/Fri | | |
| 9:30 am (60 min) | | | Sunrise Flow slow flow | | | Soul Flow vinyasa | |
| | | | | Sep 7 | | | |
| | | | | 7 pm Pranayama 30 min Meditation | | | Sep 24 |
| | | Sep 5 10 am Sunrise Flow | | Sep 14 | | | 9:30 am Sunrise Flow |
| | | | | 8 pm Bliss Out Meditate | | | |
| | | | | Sep 28 | | | |
| | | Sep 26 7:30 pm MindFULL Hatha/Yin | | 7 AM Sunrise Flow | | | |
| | | | | Sep 21 | | | |
| | | | | 8:30 pm Calm hatha/restore | | | |

Put a little love in your heart

Advance registration is required for all online classes.
For registered series there are no make up classes a recording will be made available.