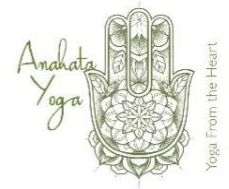


Registered Class Schedule Fall 2022 .

Starts September 7

All classes require a 6 week commitment and there are no make up classes.



Book Now: anahatayogabarrie.as.me/

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

Put a little love in your heart

Classes are held at Waterfront Fitness & Pilates
17 Gowan Street Unit 1, Barrie

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