

Class Schedule

Mon	10:00am-11:30am	Mum and Baby Yoga	Megan
Mon	1:00pm-2:00pm	Yoga For Lunch:BMR	Cathi
Mon	3:00pm-4:00pm	Gentle Chair Yoga*	Cathi
Mon	6:30pm-7:45pm	Yoga To Support Pregnancy	Megan
Mon	8:00pm-9:15pm	Post-Natal Yoga	Megan
Tues	10:00am-11:00am	Active Chair Yoga	Megan
Tues	6:15pm-7:45pm	GRIT&Grace Yoga Level 1	Cathi
Tues	8:00pm-9:30pm	Nourish: Deep Relaxation	Cathi
Wed	6:15pm-7:45pm	GRIT&Grace Yoga Level 2	Cathi
Wed	8:00pm-9:30pm	Mindful Yoga	Cathi
Thurs	7:30am-8:30am	Early Bird Yoga Flow	Leah
Thurs	9:30-10:30am	Mindful Morning Yoga Flow	Leah
Thurs	1:00-2:00pm	Yoga For Lunch: BMR	Cathi
Thurs	2:30-3:30pm	Active Chair Yoga	Cathi
Thurs	6:15pm-8:45pm	GRIT&Grace Yoga Level 3	Cathi
Fri	6:15-7:30pm	Somatic Yoga To Unwind Your Week	Megan
Sat	10:00am-12:00pm	Saturday Strong And Sweet Yoga	Cathi
Sun	10:00am-11:15am	Somatic Yoga	Mary
Sun	11:30am-12:45pm	Foundations Of Yoga	Mary
Sun	7:00pm-9:00pm	Secular Dharma Sangha	Cathi

**All Classes In Yoga Home Studio Top Floor of Wellness Centre
except * Gentle Chair Yoga which is held at Northside Community
Centre to facilitate Ground Floor Access**

For Full Class Descriptions, Teacher & Enrolment Information Visit

www.yogahomesligo.com