


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>All classes are live-streamed on Zoom unless otherwise noted.</p> <p>WWW.ARRIVEYOGA.CA</p>	7AM—8AM SUNRISE MEDITATION BY DONATION ELISABETH		7AM—8AM SUNRISE MEDITATION BY DONATION ELISABETH			
	8:30AM—9:30AM MOVEMENT EXPLORATION JAYELLE			9:30AM—10:45AM KUNDALIINI YOGA MELISSA	9:30AM—10:30AM MORNING PRACTICE ALL LEVELS LISA S	NEW! 8:30AM—9:30AM INTRO ELDOA & FUNCTIONAL PILATES GINA
10AM—11AM MORNING PRACTICE ALL LEVELS LISA S	NEW! 9AM—10AM YOGA MAMAS 6 Weeks Series Sept 22—Oct 27 and Nov 3—Dec 8 Lisa G	10AM—11AM MORNING PRACTICE ALL LEVELS JACQUELINE	OUTSIDE! 9:30AM-10:30AM NORDIC POLE WALKING/ GAIT MECHANICS 6 Weeks Series Sept 17—Oct 29 GINA	11AM—12PM CHAIR PILATES GINA	10AM—11AM WEEKEND WAKE UP ERIN	NEW TIME! 10AM—11:15pm KUNDALINI YOGA MELISSA
NEW! 12PM—1PM CHAIR PILATES PILATES GINA	NEW! 9:30AM—10:45AM KUNDALINI YOGA MELISSA	NEW! 11AM—12PM CHAIR YOGA KIRSTEN	11AM—12PM BEGINNING A MEDITATION PRACTICE 6 Weeks Series Sept 24—Oct 29 JACQUELINE	<input type="checkbox"/> REGULAR CLASS Drop-ins, Passes, Memberships welcome <input type="checkbox"/> NEW CLASS Drop-ins, Passes, Memberships welcome <input type="checkbox"/> BY DONATION Donations can be made through PayPal or E-transfer <input type="checkbox"/> PRE-REGISTERED SERIES Registration required, no drop-ins		10:30AM—11:45AM MEDITATION & INQUIRY BY DONATION KEN
5:30PM—6:30 PM AFTERNOON PRACTICE ALL LEVELS JACQUELINE	2:30PM—4:30PM WRITING FROM THE BODY 6 Weeks Series Sep 22—Oct 27 and Nov 3 -Dec 8 JAYELLE	1:30PM—2:30PM STRUCTURE RX PILATES GINA	2PM—3PM GENTLE DYNAMIC YOGA OWEN			
NEW! 5:45PM—6:45PM YIN YOGA FOR ALL SARAH	5:30PM—7PM MINDFULNESS BASED COGNITIVE THERAPY 8 Weeks Series Oct 6—Nov 24 ELISABETH	OUTSIDE! 5:30PM—6:30PM YOGA IN ST. GEORGE'S PARK- BY DONATION JACQUELINE & LISA S	5:30PM—6:30PM HATHA FLOW ALL LEVELS KIRSTEN	<div style="text-align: center;"> <h2>FALL 2020 OPEN HOUSE!</h2> <p>SUNDAY SEPT. 6TH 10AM - 12PM</p> <p>In keeping with the times, our 3rd annual Fall Open House will be a little different this year. Come in person to the studio (limited to 6 people at a time while following the Covid-19 safety measures) or pop on through Zoom. We are here for you however you ARRIVE!</p> <p>Enjoy 10% OFF classes, passes, and monthly memberships (<i>with the exception of yearly memberships, workshops and registered series</i>).</p> <p>Pop in or pop online, it will be so good to reconnect!</p> <p>ZOOM LINK TO OPEN HOUSE</p> </div>		
8PM—9PM MONTHLY RESTORATIVE Sept 21/Oct 26/Nov 23/ Dec14. LISA S	5:30PM—6:30PM GENTLE YOGA JACQUELINE	NEW! 7PM—8PM HATHA FLOW ALL LEVELS KATARINA	5:45PM—6:45PM BEGINNING YOGA 6 Weeks Series Sept 24—Oct 29 OWEN			
	7:30PM—8:30PM PRENATAL YOGA 6 Weeks Series Sept 22—Oct 27 and Nov 3—Dec 8 LISA G	7:30PM—8:45PM MEDITATION & INQUIRY BY DONATION KEN				