

OCTOB SCHEDULE 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1					1	2
3	4 Zoom 10am Gentle Flow	5	6 Zoom 10am Restorative Yin Yoga	7 Zoom 10am Flow & Strengthen	8	9
10 10am YouTube Live Yoga	11 Zoom 10am Gentle Flow  Canada	12	13 Zoom 10am Yin Yoga Hips	14 Zoom 10am Yoga with Weights	15	16
17	18 Zoom 10am Gentle Flow	19	20 Zoom 10am Restorative Yin Yoga	21 Zoom 10am Flow & Strengthen	22	23
24	25 From Toronto Zoom 10am Gentle Flow	26	27 Zoom 10am Yin Yoga upper body	28 Zoom 10am Yoga with Weights	29 10am YouTube Live Yoga	30
31 Halloween 	November 1st Zoom 10am Gentle Flow	2	3 Zoom 10am Restorative Yin Yoga	4 Zoom 10am Flow & Strengthen	5	6