



Late Summer Schedule



In effect Aug 24th - Sept 30th 2020

Please note that we are closed on Monday Sept 7th for Labor Day

Address: 2807 44th Ave, Vernon BC, V1T 7P4 **Web:** www.innerlightyoga.info
Phone/Text: 250-306-5325 or 250-307-7485 **Email:** innerlightyogaandwellness@gmail.com

Green: gentle pace & movements, good for all levels **Blue:** stronger movements for greater strength, flexibility & balance
Purple: Yin Yoga: fewer poses & longer holds, mostly for the connective tissue

All classes require registration. Please register for both studio and online classes at www.InnerLightYoga.info

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 10:00am <i>Pilates</i> Rhona Online Only	8:45 – 10:00am <i>Gentle+ Yoga</i> Shannon Studio & Online			8:45 – 10:00am <i>NewBack Yoga Active</i> Roger Studio & Online	9:30 – 10:45am <i>Yin Yoga</i> Deb Studio & Online	
10:30 - 11:45am <i>Wall Yin Yoga & Gentle Tai Chi</i> Stella Studio	10:30 – 11:45am <i>Gentle+ Yoga</i> Shannon Studio & Online		10:30 – 11:45am <i>Gentle+ Yoga</i> Deb Studio & Online	10:30 -11:45am <i>Pilates Infused Yoga</i> Rhona Studio & Online		10:00 – 11:15am <i>Gentle Yoga</i> Deb/Yania/Carrie Studio
	4:00 - 5:15pm <i>NewBack Yoga Recover & Restore</i> Roger Studio & Online	4:00 - 5:15pm <i>Gentle Yoga</i> Carrie Studio	4:00 – 5:15pm <i>NewBack Yoga Recover & Restore</i> Roger Studio & Online	4:00 - 5:15pm <i>NewBack Yoga Recover & Restore</i> Shannon/Roger Studio & Online		
5:15– 6:30pm <i>NewBack Yoga Recover & Restore</i> Roger Studio & Online		5:45– 7:00pm <i>NewBack Yoga Active</i> Roger Studio & Online	6:00 – 7:15pm <i>Gentle Yin Yoga & Aromatherapy</i> Adrienne Studio & Online			