

# *The Village*

## *“Your Richmond Row Wellness Centre”*

❖ ***Yoga:*** classes run Monday - Thursday, Saturday



Monday: 12:00 - 1:00 p.m. Mid-day Yoga with Raquel  
5:00 - 6:00 p.m. Relaxation Yoga with Sheila  
6:00 - 7:00 p.m. Back, Neck & Shoulders Yoga with Sheila

Tuesday: 5:10 - 6:10 p.m. Power Yoga with Diamond (Loft)  
6:15 - 7:15 p.m. Pranayama (breathing) Meditation/ Relaxation  
Yoga with Diamond  
7:15 - 8:15 p.m. Deep Relaxation Yoga - Diamond

Wednesday: 5:00 - 6:00 p.m. Amala Yoga with Lise

Thursday: 5:10 - 6:10 p.m. High Energy Flow Yoga with Diamond

Saturday: 10:15 - 11:15 a.m. Let It Go Yoga with Raquel

❖ ***Nia:*** classes run Wednesday - Friday



Wednesday: 6:15 - 7:15 p.m. with Barb  
Thursday: 6:10 - 7:10 p.m. with Karen  
Friday: 5:30 - 6:30 p.m. with Kathleen



❖ ***Pilates:*** classes run Monday, Tuesday, & Thursday



Monday: 12:10 - 1:00 p.m. Beginner I with Betsy  
1:00 - 1:50 p.m. Beginner I/II with Betsy  
5:10 - 6:10 p.m. Beginner II/Intermediate with Betsy (Loft)

Tuesday: 5:10 - 6:10 p.m. Beginner I with Betsy  
6:15 - 7:15 p.m. Beginner II/Intermediate with Betsy

Thursday: 12:10 - 1:00 p.m. Beginner I with Betsy  
1:00 - 1:50 p.m. Beginner II/Intermediate with Betsy  
5:10 - 6:10 p.m. Beginner II/Intermediate with Betsy (Loft)