*Quite a Stretch Yoga & Zumba®*

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January 4 – April 3, 2022 *No classes with Sheilah:*

*Jan 31, Feb1-2, 21, March 6-7*

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| **SUNSDAY**  **FUN DAY** | **MOTIVATION MONDAY** | **TIME OUT TUESDAY** | **WELLNESS WEDNESDAY** | **THOUGHTFUL THURSDAY** | **Fri-YAY** | **SATURDAY**  **SHOUT OUT** |
| **1:00-2pm  Yoga for Warriors**  **(8 Week Program)**  **2:00-7:00pm**  **Yoga Nidra Training** | **9:00-10:00am**  **Beginner Yoga**  **12:00 – 1:00pm**  **Hatha Yoga**  **5:00-6:00pm**  **Yin Yoga** | **9:00-10:00am**  **Deep Stretch**  **10:30-11:30am**  **Triple M**  **5:00-6:00pm**  **Yoga Nidra** | **9:00-10:00am**  **Yoga Nidra**  **5:00-6:00pm**  **Deep Stretch**  **7:00 – 8:00 pm**  **Zumba** | **9:00-10:00am**  **Yogi’s choice**  **7:00-8:00pm**  **Danze Beatz** | **9:00– 10:00am**  **Yin Yoga** | 9:15-10:00am  Kids Yoga ONLINE  8 week program  10:00-6:00pm  Teacher Training |
|  |  |  |  |  |  |  |

www.quiteastretchyoga.com [quiteastretchyoga@gmail.com](mailto:quiteastretchyoga@gmail.com)

905-906-8598

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