

August/Sept 2016

Musselman's Lake Community Activities

Long weekend- Sept 2-4, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11am- AMAZING RACE	1 9am- Family Yoga	2 10am- Line Dancing 7pm- Radiant yoga and meditation	3 10am- Walking Club	4 10am- Line Dancing 1pm- BINGO 7pm- Restorative Yoga	5 9:30am- Pilates	6 10am -Yoga-4-Kids 5pm- Credit 4Kids
7	8 9am- Family Yoga	9 10am- Line Dancing 7pm- Radiant Yoga and meditation	10 10am: Walking Club	11 10am- Line Dancing 1pm- BINGO 7pm- Restorative Yoga	12 9:30am- Body Conditioning	13 10am-Yoga-4-Kids 5pm- Credit-4-Kids
14	15 9am- Family Yoga	16 10am- Line Dancing 7pm- Radiant Yoga and meditation	17 10am- Walking Club	18 10am- Line Dancing 1pm- BINGO 7pm- Restorative Yoga	19 9:30- Pilates	20 10am- Yoga-4-Kids 5pm- Credit-4-Kids
21	22 9am- Family Yoga	23 10am- Line Dancing 7pm- Radiant Yoga and meditation	24 10am- Walking Club	25 10am- Line Dancing 1pm- BINGO 7pm- Restorative Yoga	26 9:30am- Body Conditioning	27 10am- Yoga 4-Kids 5pm- Credit 4-Kids
28	29 9am- Family Yoga	30 10am- Line Dancing 7pm- Radiant Yoga and Meditation	31 10am- Walking Club	SEPTEMBER 1 10am- Line Dancing 1pm- BINGO 7pm- Restorative Yoga	2 9:30am- Pilates	3
4	5	6 7pm- Yoga and meditation	7	8 7pm- Restorative Yoga	9	10 10am- Yoga-4-Kids 5pm- Credit 4-Kids
11	12	13 7pm- Yoga and meditation	14	15 7pm- Restorative Yoga	16	17 10am- Yoga-4-Kids 5pm- Credit 4-Kids
18	19	20 7pm- Yoga and meditation	21	22 7pm- Restorative Yoga	23	24 10am- Yoga-4-Kids 5pm- Credit 4-Kids
25	26	27 7pm- Yoga and meditation	28	29 7pm- Restorative Yoga	30	10am- Yoga-4-Kids 5pm- Credit 4-Kids

For more information, please contact Lisa at lisa@yogayama.ca.

You can register directly online at www.yogayama.ca . Look for schedule and registration form under 'MORE' then ' Yoga Classes – Mussleman's Lake'

Pre-Registration is required.

Please pay on the first day class.