

Winter Schedule 2012

Call or email to register: 905-729-9021 email onelovejamrock@yahoo.ca

Yoga*Belly Dance* Zumba* Tentative Schedule as follows:

Must be 4 registered for classes to run for 8 weeks.

Make up classes for any classes missed must be made during session dates only you can attend another class to make up missed class

All classes prepaid 8 week sessions starting January 2012



MONDAY NIGHTS BEETON 8 Week Session
Belly Dance or Zumba

January 9th to February 27th 2012

Call Letizia Camarda to register 416-455-4916



BEETON YOGA CLASSES SCHEDULE BELOW

Session 1 Jan 7th to February 25th *8 weeks*

Tuesday 9:30am Yoga Core

Tuesday 12:00pm Belly Dance Semi Private

Tuesday 6:00pm Yoga Basics

Session 1 February 1 to Feb 29th *5 weeks*

Wednesday 9:30am Chair Yoga

Wednesday 12:00pm Happy Hour Yoga

Session 1 January 5th to Feb 23rd *8 weeks*

Thursday 9:30am Specific Needs Yoga

Thursday 6:00pm Therapeutic Yoga

Session 1 January 7th Feb 25th *8 weeks*

Saturdays 9:30am Beginners Yoga

MONDAY MORNINGS 10am

GENTLE YOGA ☺

Newton Robinson Womens Institute

February 6th to April 2nd

No yoga March 12th due to March Break that week

Pre-Register now due to limited space 905-729-9021

Email: onelovejamrock@yahoo.ca

Yoga Classes are 8 Week Sessions

Pre-Registration required

\$120.00 per session

If you would like to take an additional class it will be discounted 10 percent

Drop in rate is \$17.00 in 2012