

WINTER FITNESS AT RISE ADVENTURE & WELLNESS SOLUTIONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Gentle Hatha-9:30am-10:30am – With Alisa</p> <p>*Power Yoga – 7: 00pm-8:15pm – with Nadinne</p>	<p>*Hatha -10:00am- 11:00am – With Nadinne</p> <p>Gentle Yin – 7:30pm-8:30pm - With Alisa</p>	<p>*Vinyasa Yoga -7:30pm-8:30pm – With Nadinne</p>	<p>*Gentle Hatha-9:30am-10:30am – With Alisa</p> <p>*Pilates - 6:00pm-7:00pm – With Nadinne</p>		
<p>Class times and availability subject to change. Please refer to our website at www.raws.ca for an up to date schedule.</p>	<p>*Gentle Hatha-9:30am-10:30am – With Alisa</p> <p>*Power Yoga – 7: 00pm-8:15pm – with Nadinne</p>	<p>*Hatha -10:00am- 11:00am – With Nadinne</p> <p>Gentle Yin – 7:30pm-8:30pm - With Alisa</p>	<p>*Vinyasa Yoga -7:30pm-8:30pm – With Nadinne</p>	<p>*Gentle Hatha-9:30am-10:30am – With Alisa</p> <p>*Pilates - 6:00pm-7:00pm – With Nadinne</p>		
<p>Closed ALL Long Weekends</p>	<p>*Gentle Hatha-9:30am-10:30am – With Alisa</p> <p>*Power Yoga – 7: 00pm-8:15pm – with Nadinne</p>	<p>*Hatha -10:00am- 11:00am – With Nadinne</p> <p>Gentle Yin – 7:30pm-8:30pm - With Alisa</p>	<p>*Vinyasa Yoga -7:30pm-8:30pm – With Nadinne</p>	<p>*Gentle Hatha-9:30am-10:30am – With Alisa</p> <p>*Pilates - 6:00pm-7:00pm – With Nadinne</p>		
	<p>*Gentle Hatha-9:30am-10:30am – With Alisa</p> <p>*Power Yoga – 7: 00pm-8:15pm – with Nadinne</p>	<p>*Hatha -10:00am- 11:00am – With Nadinne</p> <p>Gentle Yin – 7:30pm-8:30pm - With Alisa</p>	<p>*Vinyasa Yoga -7:30pm-8:30pm – With Nadinne</p>	<p>*Gentle Hatha-9:30am-10:30am – With Alisa</p> <p>*Pilates - 6:00pm-7:00pm – With Nadinne</p>		
	<p>*Gentle Hatha-9:30am-10:30am – With Alisa</p> <p>*Power Yoga – 7: 00pm-8:15pm – with Nadinne</p>	<p>*Hatha -10:00am- 11:00am – With Nadinne</p> <p>Gentle Yin – 7:30pm-8:30pm - With Alisa</p>	<p>*Vinyasa Yoga -7:30pm-8:30pm – With Nadinne</p>	<p>*Gentle Hatha-9:30am-10:30am – With Alisa</p> <p>*Pilates - 6:00pm-7:00pm – With Nadinne</p>		