



Collective Soul Space

December 1 – 21 Schedule

Stay tuned for our holiday schedule starting December 22!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<p>9:00 – 10:00 AM POUND® Melissa Cyr <i>Last class Dec 8*</i></p>	
					<p>10:30 – 11:45 AM Find Your Flow Dawna Marriott</p>	<p>10:00 – 11:00 AM Zumba Melissa Cyr <i>Last class Dec 9*</i></p>
<p>12:10 – 12:50 PM Mindful Movement and Meditation Maureen Tonge</p>	<p>12:10 – 12:50 PM Stretch & Strengthen Hatha Yoga Maureen Tonge</p>	<p>12:10 – 12:50 PM Challenge Yourself Flow Jahliele Paquin</p>	<p>12:10 – 12:50 PM Core Power Yoga Maureen Tonge</p>	<p>12:10 – 12:50 PM Nia Johanna Tiemessen</p>	<p>12:00 – 1:15 PM Yin Yoga Dawna Marriott</p>	
<p>5:30 – 6:45 PM Nia Johanna Tiemessen</p>	<p>5:30 – 6:30 PM Yoga 101 Sampler Series Various instructors <i>Last class Dec 11*</i></p>	<p>5:30 – 6:45 PM Kundalini Yoga for Stress Relief Maureen Tonge</p>	<p>5:30 – 6:45 PM Sivananda Yoga Jahliele Paquin</p>	<p>5:30 – 6:30 PM Reset & Reboot Restorative Yoga Maureen Tonge</p>		
<p>7:15 – 9:00 PM Adaptive Yoga/ Yoga for MS Christa Domchek <i>Last class Dec 17*</i></p>	<p>7:15 – 8:15 PM Insanity Live® Melissa Cyr <i>Last class Dec 11*</i></p>	<p>7:15 – 8:15 PM Zumba Melissa Cyr <i>Last class Dec 12*</i></p>		<p>7:00 – 8:00 PM Full Moon Meditation and Gong Bath Maureen Tonge <i>December 21 ONLY</i> <i>Pre-registration encouraged*</i> <i>By Donation</i></p>		<p>7:00 – 9:00 PM Restorative Yoga & Healing Gong Bliss Maureen Tonge <i>December 16 ONLY*</i></p>
					<p><i>* Session is pre-registered. Email cssnwt@gmail.com</i></p>	