



Collective Soul Space October Schedule

Come to Class - Win a Pass!
For the month of October, each time you attend class you can enter our draw to win a 10-class punch pass.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>NEW CLASS! 12:10 – 12:50 PM Energize Flow Jahiele Paquin</p> <p>5:30 – 6:45 PM Nia Johanna Tiemessen <i>No class Oct 12</i></p> <p>7:15 – 8:15 PM Adaptive Yoga* Christa Domchek <i>Oct 5 - Dec 14</i> <i>No class Oct 12</i></p>	<p>12:10 – 12:50 PM Pilates Anne-Marie Guedon</p> <p>5:30 – 6:45 PM Dancing for Birth* Johanna Tiemessen <i>Sept 22 - Oct 27</i></p> <p>7:15 – 8:15 PM Private Session</p>	<p>10:45 – 11:45 PM Infant Yoga* Christine Lewandowski- Shannon 10:45 AM <i>Oct 14 - Nov 18</i></p> <p>12:10 – 12:50 PM Yoga Tune up Anne-Marie Guedon</p> <p>NEW CLASS! 5:30 – 6:30 PM Heartfelt Hatha Heather Chang</p> <p>7:15 – 8:15 PM Sampler Series* Various Teachers <i>Oct 7 - Pilates Tune Up with Anne-Marie</i> <i>Oct 14 - Restorative Yoga with Christine</i> <i>Oct 21 - Heartfelt Yoga with Heather</i> <i>Oct 28 - Nia with Johanna</i></p>	<p>NEW CLASS! 12:10 – 12:50 PM Fall Rebalancing Yoga Christa Domchek</p> <p>NEW CLASS! 5:30 – 6:30 PM Gentle Yoga and Quartz Singing Bowl Meditation Jessica Bruhn</p> <p>7:30 – 9:30 PM Intro to Taiko Drumming* Nancy Mullick <i>Sept 10 - Oct 29</i></p>	<p>12:10 – 12:50 PM Nia Johanna Tiemessen</p>	<p>NEW CLASS! 9:00 – 10:30 AM Traditional Hatha Yoga Heather Chang</p>	<p>7:00 – 9:00 PM Restorative Yoga Bliss* Christine Lewandowski- Shannon <i>Oct 25 ONLY</i></p>