

Fall 2022 Group Class Schedule

Commences the week of September 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM			(6:15AM - 45 mins.)		(6:15AM - 45 mins.)	
6:30AM			FFT		FFT	
7:00AM	QIGONG*	REFORMER		REFORMER		
7:30AM						
8:00AM						
8:30AM						
9:00AM						FFT
9:30AM	GENTLE FLOW	REFORMER	YOGA STRETCH & CONNECT	REFORMER	9:30AM GRACEFUL EMBODIMENT	
10:00AM						
10:30AM	10:45AM	(10:45AM)		(10:45AM)	(10:45AM)	
11:00AM	PRENATAL YOGA	REFORMER		REFORMER	CHRONIC PAIN PROGRAM**	
11:30AM						
12:00PM	12:15PM - 45 mins.	(12:15PM - 45 mins.)	(12:15PM - 45 mins.)	(12:15PM - 45 mins.)	(12:15PM - 45 mins.)	
12:30PM	POSTNATAL YOGA WITH BABY	REFORMER	POWER YOGA	REFORMER	MINDFUL MOVEMENT	
1:00PM		(1:15PM - 45 mins.)		(1:15PM - 45 mins.)		
1:30PM		REFORMER		REFORMER	MELT	
2:00PM						
2:30PM						
3:00PM		REFORMER		REFORMER		
3:30PM	3:30PM					
4:00PM	KIDS YOGA & MINDFULNESS	(4:15PM)		(4:15PM)		
4:30PM		REFORMER		REFORMER		
5:00PM	MELT		PILATES MATWORK			
5:30PM		REFORMER		REFORMER		
6:00PM			(6:15PM - 60 mins.)			
6:30PM	RESTORATIVE YOGA		SUSPENSION YOGA			
7:00PM		REFORMER		REFORMER		
7:30PM			YOGA FOR CANCER			
8:00PM	YIN & MOVE					
9:00PM						

Each class is offered as a progressive 8 week series. Pre-registration required. For more information: hello@moetushealth.com or 705-674-1877.

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Commences the week of September 12

***QIGONG** - Classes commence the week of September 19: \$160.00 + HST

GENTLE FLOW: \$160.00 + HST

PRENATAL YOGA: \$160.00 + HST

POST-NATAL YOGA WITH BABY: \$160.00 + HST

KIDS YOGA AND MINDFULNESS: \$160.00 + HST

MELT: \$120.00 + HST

RESTORATIVE YOGA: \$200.00 + HST

YIN & MOVE: \$160.00 + HST

REFORMER: \$320.00 + HST (twice weekly at \$560.00 + HST)

FFT: \$160.00 + HST

YOGA STRETCH & CONNECT: \$160.00 + HST

POWER YOGA: \$160.00 + HST

PILATES MATWORK: \$160.00 + HST

SUSPENSION YOGA: \$226.00 + HST

YOGA FOR CANCER: \$160.00 + HST

GRACEFUL EMBODIMENT: \$160.00 + HST

****CHRONIC PAIN PROGRAM:** SDNPC COLLABORATION

MINDFUL MOVEMENT: \$160.00 + HST

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