

May 2017 studio c 511 havelock st. lucknow

Karissa Chow – KARMA YOGA

text 519-525-2808 to reserve your space



SUN	MON	TUE	WED	THU	FRI	SAT
30 6:30pm ALL LEVELS YOGA	01 6:30pm ALL LEVELS YOGA	02 9am ALL LEVELS YOGA	03 9am ALL LEVELS YOGA	04 6am ALL LEVELS YOGA	05 6am ALL LEVELS YOGA	06 10am HOT YOGA
07 6:30pm ALL LEVELS YOGA	08 6:30pm ALL LEVELS YOGA	09 9am ALL LEVELS YOGA	10 9am ALL LEVELS YOGA	11 6am ALL LEVELS YOGA	12 6am ALL LEVELS YOGA	13 10am HOT YOGA
14 6:30pm ALL LEVELS YOGA	15 6:30pm ALL LEVELS YOGA	16 9am ALL LEVELS YOGA	17 9am ALL LEVELS YOGA	18 6am ALL LEVELS YOGA	19 6am ALL LEVELS YOGA	20 10am HOT YOGA
21 6:30pm ALL LEVELS YOGA	22 6:30pm ALL LEVELS YOGA	23 9am ALL LEVELS YOGA	24 9am ALL LEVELS YOGA	25 6am ALL LEVELS YOGA	26 6am ALL LEVELS YOGA	27 10am HOT YOGA
28 6:30pm ALL LEVELS YOGA	29 6:30pm ALL LEVELS YOGA	30 9am ALL LEVELS YOGA	31 9am ALL LEVELS YOGA	01 6am ALL LEVELS YOGA	02 6am ALL LEVELS YOGA	03 HOW TO TRAIN YOUR CORE "RETREAT" w/ Angela Hauck 9am-4pm @ Grey Ox Meadows
04						