

WINTER 2020 SCHEDULE MARCH 02 - MAY 03, 2020

Monday	Class	Teacher	Studio	Thursday	Class	Teacher	Studio
9:30 - 10:30	Pilates level all	Laura	Shiva	9:30-10:30	Pilates. Level 2	Laura	Shiva
9:30-10:45	Slow Flow level 1/2 NEW	Katie	Shakti	9:30-10:30	Slow Flow level 2	Katie	Shakti
11:00 - 12:00	Tai Chi for Beginners	Ruth	Shiva	6:00 -7:00	Soma Yoga level 1	Bryhn	Shakti
12:00-1:00	Flow yoga level 2	Natasja	Shakti	6:15 - 7:15	Barre yoga level 2	Christina	Shiva
5:30 - 6:30	Beginner Yoga level all	Jessica	Shakti	7:30 -8:30	TRX Yoga Flow NEW. Level 2	Christina	Shiva
5:45 - 6:45	HIIT Yoga + Core	Christina	Shiva	7:30 -8:45	Restorative level all	Helene	Shakti
7:00 - 8:00	Hatha Yoga level 2	Krista	Shiva	Friday	Class	Teacher	Studio
7:15 -8:15	HOT yoga level 2	Melanie	Shakti	9:30-10:45	Therapeutic level all	Natasja	Shakti
8:15 - 9:15	Yin Yoga level all	Marta	Shiva	11:00 - 12:00	Meditation level all	Natasja	Shakti
Tuesday	Class	Teacher	Studio	11:00 -12:15	Gentle Flow level all	Bryhn	Shiva
9:30-10:45	Flow yoga level 2	Natasja	Shakti	7:15 - 8:15	Flow yoga level 2	Melanie	Shakti
10:30 - 11:45	Hatha Yoga beginner	Cindy	Shiva	Saturday	Class	Teacher	Studio
5:30- 6:45	YogaTune UP	Laurel	Shiva	8:30 - 9:30	YogaSculpt level 2	Christina	Shiva
5:45 - 7:00	Warm Restorative level all	Edie	Shakti	9:35 - 10:05	SHH (30min) level all	Christina	Shiva
7:00 - 8:00	SHH yoga level all	Christina	Shiva	10:15 - 11:15	Foundations level 1	Emma	Shiva
7:15 - 8:30	HOT yoga level 2	Jessica	Shakti	10:15 - 11:30	HOT yoga level 2/3	Natasja	Shakti
8:15 -9:15	Pilates level all	Laura	Shiva	Sunday	Class	Teacher	Room
Wednesday	Class	Teacher	Studio	9:00 - 9:45	HIIT yoga level 2	Christina	Shivs
9:30 - 10:30	SHH *+ TRX stretch NEW - all levels	Christina	Shiva	10:30 -11:45	Flow yoga \$10 level all	Marta	Shakti
9:30 - 10:45	Flow yoga level 1/2 NEW	Michele	Shakti	7:00 - 8:00	Meditation level all	Michele	Shakti
12:00 -1:00	Flow yoga level 2	Katie	Shakti	SPECIAL EVENTS			
1:00 - 2:00	Tai Chi for Beginners	Ruth	Shiva	<p align="center">Saturday March 21st at 7:00pm OLD SCHOOL HIP HOP YOGA FLOW with Melanie \$10 drop-in / class cards accepted</p> <p align="center">NEW Moon invocation yoga class March 25th at 7:00pm.</p> <p align="center">336 Eagle Street N. Unit 2J/2H Cambridge, ON 519/653.0090 info@fusionmovement.ca www.fusionmovement.ca</p>			
5:30 -6:30	Meditation level all NEW	Natasja	Shakti				
5:45 - 6:45	HIIT Yoga + Core	Christina	Shiva				
7:00 - 8:00	Flow Yoga journey 1/2	Michele	Shiva				
7:00 - 8:15	HOT yoga level 2	Natasja	Shakti				

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