



OCTOBER CLASSES & EVENTS



Mon

Tue

Wed

Thu

Fri

Sat

Sun

Events

9:00am - 2:30pm
Schools
Daycares
Team Building
Custom Groups

9:00am - 2:30pm
Schools
Daycares
Team Building
Custom Groups

9:00am - 10:00am
Open Gym

10:30am - 2:30pm
Schools/Daycares

9:00am - 2:30pm
Schools
Daycares
Team Building
Custom Groups

9:00am - 2:30pm
Schools
Daycares
Team Building
Custom Groups

**Birthday Parties
Custom Groups &
Special Events!**

Choose from:
Aerial Yoga •
Floating Sound
Baths
Mindful Crafting
Infrared Yoga
Open Gym/Studio
Group Fitness

Amenities Include:
Kitchen
Fridge/Freezer
Convection oven
Airfry oven
Baby Friendly
Couches
Projector
Speaker

**Birthday Parties
Custom Groups &
Special Events!**

FUN for All Ages!

5:45 - 6:45pm
Infrared Hot Yoga
Yoga to Yin
*1 hr preregistration
required*

7:15 - 8:30pm
Floating
Sound Bath
*1hr preregistration
required - min 2 ppl
No class Sept. 27th*

Deep Rest Mini Retreat
Saturday, October 3rd
1:30 - 4:00pm

Yoga for Concussions
4 Tuesdays
October 6/13/20/27
1:00 - 2:30pm

Prenatal Partner Yoga
Tuesday, October 13th
7:30 - 9:30pm

No School Day Kids Camps
Friday, October 23rd
Full-day, Half-day, Mini

Date Night
Friday, October 23rd
7:00 - 10:00pm

9D Breathwork with Angie
Sunday, October 25th
6:00 - 8:00pm

1:00 - 5:00pm Self-led Open Infrared Warm/Hot Yoga Studio

3:00 - 4:00pm
Family Aerial Yoga

3:00 - 5:00pm
Kids Club

3:00 - 4:00pm
Open Gym

3:00 - 5:00pm
Kids Club

**Share the fun with
your Friends &
Family!**

Book us for a
Private Session
for your next
Birthday or any
Special
Celebration!

Inquire to find a
time that works
for your busy
schedule!

4:00 - 5:00pm
Open Gym

4:45 - 5:45pm
Open Gym

4:45 - 5:45pm
Aerial Sampler

4:45 - 5:45pm
Open Gym

6:00-7:00pm
Group Fitness
Strength Circuit

6:00 - 7:00pm
Group Fitness
Kettlebell

6:00-7:00pm
Group Fitness
Strength Circuit

6:00 - 7:00pm
Group Fitness
Kettlebell

Kids Club Memberships include Open Gym sessions

Seeking Wellness Professionals to join our Community Wellness Centre

steadyeffortyoga.ca