



Yoga Calendar

JULY '18

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
2 6:30 pm @ NEWSTEAD	3	4	5 5:30 pm @ CHARITIES HOUSE	6	7	8
9 6:30 pm @ NEWSTEAD	10 5:00 pm VINYASA & VINO @ NEWSTEAD	11 6:30 pm @ NEWSTEAD It's Beth's Birthday! 😊	12 5:30 pm @ CHARITIES HOUSE	13	14 6:30 pm @ NEWSTEAD	15
16 6:30 pm @ NEWSTEAD	17	18	19	20	21	22 9:30 am @ KINETIX (Old Berkeley School)
23 6:30 pm @ NEWSTEAD	24 5:00 pm VINYASA & VINO @ NEWSTEAD	25	26 5:30 pm @ CHARITIES HOUSE	27	28 6:30 pm @ NEWSTEAD	29
30 6:30 pm @ NEWSTEAD	31					

CLASSES ARE HELD AT:

- Newstead, 27 Harbour Road, Paget – Down beside the pool, ample underground parking
- Charities House, 25 Point Finger Road, Paget - Ground Floor Board Room
- Kinetix Yoga Studio - 23 Berkeley Road (Old Berkeley School), Hamilton
- All levels of experience WELCOME! Mats available to those who need one.
- *Drop in rate - \$20.00 Or Block of 10 classes, no expiry date - \$160.00*
- You can purchase classes on our website www.oceanrockwellness.com – go to OUR STORE and search yoga or call 295-5100 to pay over the phone.

Please feel free contact me if you have any questions. Private sessions available.

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