

2026 Schedule

MONDAYS

We Move: A Contemporary Dance Practice, 10-11:30am Shumka Dance Center
Online Garuda, 12:30-1:30pm

TUESDAYS

Online Pilates, 8-8:30am

WEDNESDAYS

Garuda Barre, 10-11:00am Shumka Dance Center
Yoga Pilates Fusion, 11:45-12:45pm Coronation Recreation Center

THURSDAYS

Online Yin Yoga, 8-9:00pm

FRIDAYS

Yoga Pilates Fusion, 12-1:00pm Commonwealth Recreation Center
Yin Yoga, 1:15-2:15pm, Commonwealth Recreation Center

