

Schedule 2026

MONDAYS

We Move: A Contemporary Dance Practice, 10:30am-12:00pm Shumka Dance Centre
Online Garuda, 12:30-1:30pm

TUESDAYS

Online Pilates, 8:00-8:30am

WEDNESDAYS

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

THURSDAYS

Online Yin Yoga, 8:00-9:00pm

FRIDAYS

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

