



Eight Limbs AUGUST 2024 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	Stay tuned for our 5 Year Birthday Sale through the first week of September			10-11 am Morning Hatha 5:30-6:30 BF Flow 7-8 Stretch Restore	10-11 am Morning Hatha	9-10 Vinyasa 10:30-11:30 Hatha Flow
4	5	6	7	8	9	10
9:30-10:30 Happy Hips	CLOSED	10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:30 Ladder Flow	10-11 am Morning Hatha 5:30-6:30 BF Flow 7-8 Stretch Restore	10-11 am Morning Hatha	9-10 Vinyasa 10:30-11:30 Hatha Flow
11	12	13	14	15	16	17
9:30-10:30 Happy Hips	5:30-6:30 BF Hatha 7-8 Evening Yin	10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:45 Prana Flow	10-11 am Morning Hatha 5:30-6:30 BF Flow 7-8 Stretch Restore	10-11 am Morning Hatha	9-10 Vinyasa 10:30-11:30 Hatha Flow
18	19	20	21	22	23	24
9:30-10:30 Happy Hips	5:30-6:30 BF Hatha 7-8 Evening Yin	10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:45 Ladder Flow	10-11 am Morning Hatha 5:30-6:30 BF Flow 7-8 Stretch Restore	10-11 am Morning Hatha	9-10 Vinyasa
25	26	27	28	29	30	31
9:30-10:30 Happy Hips	5:30-6:30 BF Hatha 7-8 Evening Yin	10-11 am Morning Hatha 5:30-6:30 Vinyasa 7-8 Evening Hatha	10-11 am Morning Hatha 5:30-6:45 Ladder Flow	10-11 am Morning Hatha 5:30-6:30 BF Flow 7-8 Stretch Restore	10-11 am Morning Hatha	9-10 Vinyasa 10:30-11:30 Hatha Flow

www.eightlimbs.ca yoga@eightlimbs.ca 705-321-7519