

# October

## CLASS SCHEDULE

<b>MON</b>	<b>7:30-8:30pm</b>   GENTLE HATHA Instructor: Emma
<b>TUES</b>	<b>10:30-11:30am</b>   YIN Instructor: Linda
<b>WED</b>	<b>12:00-1:00pm</b>   GENTLE HATHA Instructor: Emma  <b>7:00-8:15pm</b>   REST + RESET Instructor: Suzannah
<b>THURS</b>	<b>9:30-10:30am</b>   MIXED YOGA FLOW Instructor: Suzannah  <b>6:00-7:00pm</b>   HATHA FLOW Instructor: Emma
<b>SAT</b>	<b>9:30-10:30am</b>   YOGA-PILATES Instructor: Emma

FIRST STEP YOGA

# TO REGISTER:

Choose a class that works with your schedule. All classes are beginner-friendly, with no previous experience in yoga required.

**\*\*\* We strongly encourage you to book your class ahead of time! \*\*\***

Drop-in spaces are not guaranteed. Studio space is limited, and classes are subject to change. Registering ahead of time will ensure your space.

Please email us at: [firststepyogato@gmail.com](mailto:firststepyogato@gmail.com) to book.

First Step Yoga is located at:  
3110 Kingston Road, Unit 5B  
Scarborough, ON

FIRST STEP YOGA