

APRIL

HARMONY *schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	1 9:30-10:30am Raise the Barre—Nikki 1:00-2:00pm The Circuit—Mel 7:30-8:30pm Gentle Flow & Restore—Brea 9:10-10:00pm Yoga for Sleep—Brea	2 5:30-6:15am Spin—Ryan 9:30-10:30am Yoga Tone—Courtney 6:30-7:30pm Vinyasa Flow—Robin 7:45-8:30pm Spin—Brenna	3 9:30-10:30am Full Body Blast—Amanda 12:00-12:45PM Release Dance Fitness—Mel 6:30-7:30pm Yang into Yin—Robin 7:45-8:45pm Release Dance Fitness—Mel	4 5:30-6:15am Spin—Mel 9:30-10:30am Pilates—Robin 12:00-12:45pm Spin—Ria 6:30-7:30pm Yoga for Hips & Hamstrings—Amber 7:45-8:45pm Candlelit Yin—Amber	5 9:30-10:30am Release Dance Fitness—Mel 12:00-12:45pm Pump-up with Bands—Amanda 7:00-8:00pm Yang to Yin—Robin	6 8:30-9:30am Spin—Mel W. 10:00-11:15am Traditional Hatha—Lakshmi		
	7 8:30-9:15am Spin—Brenna 10:00-11:00am Yoga Sculpt—Robin	8 9:30-10:30am Raise the Barre—Nikki 1:00-2:00pm The Circuit—Mel 7:30-8:30pm Gentle Flow & Restore—Brea 9:10-10:00pm Yoga for Sleep—Brea	9 5:30-6:15am Spin—Ryan 9:30-10:30am Yoga Tone—Courtney 6:30-7:30pm Vinyasa Flow—Robin 7:45-8:30pm Spin—Brenna	10 9:30-10:30am Pump-up with Bands—Mel 12:00-12:45PM Release Dance Fitness—Mel 6:30-7:30pm Yang into Yin—Robin 7:45-8:45pm Release Dance Fitness—Mel	11 5:30-6:15am Spin—Mel 9:30-10:30am Pilates—Robin 12:00-12:45pm Spin—Ria 6:30-7:30pm Yoga for Hips & Hamstrings—Denika 7:45-8:45pm Candlelit Yin—Denika	12 9:30-10:30am Release Dance Fitness—Mel 7:00-8:00pm Unwind & Stretch—Mel	13 8:30-9:30am Spin—Mel W. 10:00-11:15am Traditional Hatha—Lakshmi	
14 8:30-9:15am Spin—Brenna 10:00-11:00am Yoga Sculpt—Nikki 7:00-8:00pm Soundbath—Allison from Wandering Obsession	15 9:30-10:30am Raise the Barre—Nikki 1:00-2:00pm The Circuit—Mel 4:00-5:00pm MindfulLittles—Meghan 7:30-8:30pm Gentle Flow & Restore—Brea 9:10-10:00pm Yoga for Sleep—Brea	16 5:30-6:15am Spin—Ryan 9:30-10:30am Yoga Tone—Courtney 6:30-7:30pm Vinyasa Flow—Robin 7:45-8:30pm Spin—Brenna	17 9:30-10:30am Full Body Blast—Mel 12:00-12:45PM Release Dance Fitness—Mel 6:30-7:30pm Yang into Yin—Robin 7:45-8:45pm Release Dance Fitness—Mel	18 5:30-6:15am Spin—Mel 9:30-10:30am Pilates—Robin 12:00-12:45pm Spin—Ria 6:30-7:30pm Yoga for Hips & Hamstrings—Denika 7:45-8:45pm Candlelit Yin—Denika	19 9:30-10:30am Release Dance Fitness—Mel 7:00-8:30pm Coaching & Cocktails with Courtney	20 8:30-9:30am Spin—Mel W. 10:00-11:15am Traditional Hatha—Lakshmi		
21 8:30-9:15am Spin—Brenna 10:00-11:00am Yoga Sculpt—Nikki 7:00-8:00pm Unwind & Stretch—Mel	22 9:30-10:30am Raise the Barre—Nikki 1:00-2:00pm The Circuit—Mel 4:00-5:00pm MindfulLittles—Meghan 7:30-8:30pm Gentle Flow & Restore—Brea 9:10-10:00pm Yoga for Sleep—Brea	23 5:30-6:15am Spin—Ryan 9:30-10:30am Yoga Tone—Courtney 6:30-7:30pm Vinyasa Flow—Robin 7:45-8:30pm Spin—Brenna	24 9:30-10:30am Pump-up with Bands—Amanda 12:00-12:45PM Release Dance Fitness—Mel 6:30-7:30pm Yang into Yin—Robin 7:45-8:45pm Release Dance Fitness—Mel	25 5:30-6:15am Spin—Mel 9:30-10:30am Pilates—Robin 12:00-12:45pm Spin—Ria 6:30-7:30pm Yoga for Hips & Hamstrings—Denika 7:45-8:45pm Candlelit Yin—Denika	26 9:30-10:30am Release Dance Fitness—Mel 12:00-12:45pm Pump-up with Bands—Amanda 7:00-8:30pm Release & Restore—Brea & Melissa from Lakeview Mobile Massage	27 8:30-9:30am Spin—Mel W. 10:00-11:15am Yang into Yin—Nikki		
28 8:30-9:15am Spin—Brenna 10:00-11:00am Yoga Sculpt—Robin 7:00-8:00pm Soundbath—Allison from Wandering Obsession	29 9:30-10:30am Raise the Barre—Nikki 1:00-2:00pm The Circuit—Mel 4:00-5:00pm MindfulLittles—Meghan 7:30-8:30pm Gentle Flow & Restore—Brea 9:10-10:00pm Yoga for Sleep—Brea	30 5:30-6:15am Spin—Ryan 9:30-10:30am Yoga Tone—Courtney 6:30-7:30pm Vinyasa Flow—Robin 7:45-8:30pm Spin—Brenna	MINDFULLITTLES Join Meghan DiLello for this 8-week series. Starting this March-June 2024. For more information and to register: mindfullittles@outlook.com			COACHING & COCKTAILS An Introduction to Women's Centred Coaching with the lovely Courtney Cassidy. For more information and to register please contact: info@harmonyhealthandfitness.ca		RELEASE & RESTORE Join Brea Living & Melissa Pierson for this community favourite—Release & Restore (Yoga & Massage). For more information & to register: brealiving.co@gmail.com