

September 2010

Moksha Yoga Stouffville

905-640-7700

Class Schedule

info@mokshayogastouffville.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The following classes are Moksha Hot Yoga: Economy \$7, Community & Karma \$7 <i>Karma classes are designated to charity with a minimum donation of \$7 to attend the class</i></p>			<p>1 9:30 Yin-90E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha--75 8:00 Ashtanga-90</p>	<p>2 9:30 Moksha-75E 12:15 Moksha-60 6:15 Moksha-75 8:00 Mokshaflow-60</p>	<p>3 REDUCED CLASSES 9:30 HathaFlow-75E 12:15 Moksha-60</p>	<p>4 9:00 Moksha-75 12:00 Ashtanga-90</p>
<p>5 10:00 Moksha-75 12:00 Moksha-60 1:30 Community</p>	<p>6 LABOUR DAY 10:00 HathaFlow-75E 12:00 Moksha-60</p>	<p>7 9:30 Ashtanga-75E 12:15 Moksha-60 6:15 Moksha-75 8:00 MokshaFlow-60</p>	<p>8 9:30 Yin-90E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha--75 8:00 Ashtanga-90</p>	<p>9 9:30 Moksha-75E 12:15 Moksha-60 6:15 Moksha-75 8:00 Mokshaflow-60</p>	<p>10 1st Year Anniversary Party 9:30 HathaFlow-75E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha-75 7:00 pm to 9:30 pm</p>	<p>11 9:00 Moksha-75 12:00 Ashtanga-90</p>
<p>12 10:00 Moksha-75 12:00 Moksha-60 1:30 Community 7:00 Meditation-60</p>	<p>13 9:30 HathaFlow-75E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha--75 8:00 Mokshaflow-60</p>	<p>14 9:30 Moksha-75E 12:15 Moksha-60 6:15 Moksha-75 8:00 MokshaFlow-60</p>	<p>15 9:30 Yin-90E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha-75 8:00 Ashtanga-90</p>	<p>16 6:15 Ashtanga-60 9:30 Moksha-75E 12:15 Moksha-60 6:15 Moksha-75 8:00 Mokshaflow-60</p>	<p>17 9:30 HathaFlow-75E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha--75 8:00 Mokshaflow-60</p>	<p>18 9:00 Lisa-75 12:00 Eric-90(A)</p>
<p>19 10:00 Moksha-75 12:00 Moksha-60 1:30 Cancelled 4:00 Kids-45 5:00 Prenatal-60 Terry Fox Run 2-4 pm</p>	<p>20 9:30 HathaFlow-75E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha--75 8:00 Mokshaflow-60</p>	<p>21 9:30 Moksha-75E 12:15 Moksha-60 6:15 Moksha-75 8:00 MokshaFlow-60</p>	<p>22 9:30 Yin-90E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha--75 8:00 Ashtanga-90</p>	<p>23 6:15 Ashtanga-60 9:30 Moksha-75E 12:15 Moksha-60 6:15 Moksha-75 8:00 Mokshaflow-60</p>	<p>24 9:30 HathaFlow-75E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha--75 8:00 Mokshaflow-60</p>	<p>25 9:00 Rima-75 12:00 Eric-90(A)</p>
<p>26 10:00 Moksha-75 12:00 Moksha-60 1:30 Community 4:00 Kids-45 5:00 Prenatal-60 7:00 Meditation-60</p>	<p>27 9:30 HathaFlow-75E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha--75 8:00 Mokshaflow-60</p>	<p>28 9:30 Moksha-75E 12:15 Moksha-60 6:15 Moksha-75 8:00 MokshaFlow-60</p>	<p>29 9:30 Yin-90E 12:15 Moksha-60 4:30 MokshaFlow-60 6:15 Moksha--75 8:00 Ashtanga-90</p>	<p>30 6:15 Ashtanga-60 9:30 Moksha-75E 12:15 Moksha-60 6:15 Moksha-75 8:00 Mokshaflow-60</p>		