*Quite a Stretch Yoga & Zumba®*

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OCT 3– DEC 31, 2021  *No classes: October 10-11, 2021*

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| **SUNSDAY**  **FUN DAY** | **MOTIVATION MONDAY** | **TIME OUT TUESDAY** | **WELLNESS WEDNESDAY** | **THOUGHTFUL THURSDAY** | **Fri-YAY** | **SATURDAY**  **SHOUT OUT** |
| **1:00-2pm  Yoga for Warriors**  **(8 Week Program)**  **3:00-9:00pm**  **YTT 200 hour Yoga**  **Teacher Training**  **(6 hours)** | **9:00-10:00am**  **Beginner Yoga**  **11:00 – 12:00**  **Chair Yoga**  **5:00-6:00pm**  **Yin Yoga**  **8:00-9:00pm**  **Yoga for Insomnia**  **(6 week Program)** | **9:00-10:00am**  **Deep Stretch**  **10:30-11:30am**  **Triple M**  **Motion/Muscle/Mind**  **5:00-6:00pm**  **Gentle Flow**  **7:30-10:30pm**  **YTT 200 hour Yoga**  **Teacher Training**  **(3 hours)** | **9:00-10:00am**  **Chair Yoga**  **11:00 – 12:00**  **Gentle Flow**  **5:00-6:00pm**  **Deep Stretch**  ***7:00 – 8:00 pm***  ***Zumba***  **8:00-9:00pm**  **Yoga for Warriors**  **(8 week program)** | **9:00-10:00am**  **Beginner Yoga**  **7:30-8:30pm**  **Danze Beatz** | **9:00– 10:00am**  **Yin Yoga** | 9:15-10:00am  Kids Yoga ONLINE  8 week program  10:00-3:00pm  200 hour Yoga Teacher Training (5) |
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www.quiteastretchyoga.com [quiteastretchyoga@gmail.com](mailto:quiteastretchyoga@gmail.com)

905-906-8598

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