

Leanne Whiting Yoga & Coaching
(Grow A Lotus Yoga Pad)

Thursday October 3rd

5:30-6:30pm: Hatha Aligned L1 - Leanne Whiting

7-8:30pm: Vinyasa Flow: Inversions - Leanne Whiting

Saturday October 5th

6pm-7:15pm: Hatha Vinyasa - Alex Stratas

Monday October 7th

12-1pm: Raja Yoga - Brenda Mailer

Tuesday October 8th

12-1pm - Hatha 12-1pm - Leanne Whiting

Wednesday October 9th

12-1pm: Raja Yoga - Brenda Mailer

5:30-6:30pm - Hatha Aligned L1 - Leanne Whiting

7-8:30pm - Vinyasa Flow:Inversions - Leanne Whiting