

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
8 - 9:30 am (60min / 90 min bonus option) Rise & Shine Yoga with Nicky & Michelle Meeting ID: 824 1301 4988	8 - 9:15 am (60 min & 15 min bonus option) Rise & Shine with a Yin Yoga Fix with Nicky & Michelle Meeting ID: 827 8597 1136	8:00 - 9:30am (60 min /90 min option) – Rise & Shine, Yoga and Fascia Massage Meeting ID: 871 3831 0250	8 - 9:15 am (60 min & 15 min bonus option) Rise & Shine with a Yin Yoga Fix with Nicky & Michelle Meeting ID: 827 8597 1136	8:00 - 9:30am (60 min /90 min option) – Rise & Shine, Yoga and Fascia Massage Meeting ID: 871 3831 0250	8 - 9:15 am (60 min & 15 min bonus option) Rise & Shine with a Yin Yoga Fix with Nicky & Michelle Meeting ID: 827 8597 1136	8:00 - 9:30am (60 min /90 min) Rise & Shine, Yoga Therapy and Fascia Massage Meeting ID: 820 0971 1127	8 - 9:15 am (60 min & 15 min bonus option) Rise & Shine with a Yin Yoga Fix with Nicky & Michelle Meeting ID: 827 8597 1136	8:00 - 9:30am (60 min /90 min) Rise & Shine, Yoga Therapy and Fascia Massage Meeting ID: 820 0971 1127	8:00 - 9:30am (60 min /90 min) Rise & Shine, Yoga Therapy and Fascia Massage Meeting ID: 820 0971 1127	8:00 - 9:00am (60 min) Yin with Nicky & Michelle Gentle Lower back & Hip and shoulder Meeting ID: 854 5681 2758	8:00 - 9:00am (60 min) Yin with Nicky & Michelle Gentle Lower back & Hip and shoulder Meeting ID: 854 5681 2758
*** Complementary 9:45 - 10:15am (30 min) - Yoga Foundations with Nicky & Michelle Meeting ID: 818 8467 7022	9:30 - 11:00 am (90 min) Beginner, Restorative, Round-body Yoga with Nicky & Michelle Meeting ID: 818 8591 3786	*** Complementary 9:45 - 10:15 am (30 min) – Guided Meditation Meeting ID: 836 9966 7301	9:30 - 11:00 am (90 min) Beginner, Restorative, Round-body Yoga with Nicky & Michelle Meeting ID: 890 7361 7063	*** Complementary 9:45 - 10:15 am (30 min) – Guided Meditation Meeting ID: 836 9966 7301	9:30 - 11:00 am (90 min) Beginner, Restorative, Round-body Yoga with Nicky & Michelle Meeting ID: 890 7361 7063	*** Complementary 9:45 - 10:15 am (30 min) – Guided Meditation Meeting ID: 815 136 7035	9:30 - 11:00 am (90 min) Beginner, Restorative, Round-body Yoga with Nicky & Michelle Meeting ID: 890 7361 7063	*** Complementary 9:45 - 10:15 am (30 min) – Guided Meditation Meeting ID: 815 136 7035	*** Complementary 9:15 - 9:45am (30 min) Yoga Foundations with Nicky, Michelle & Linda Meeting ID: 843 4508 3807	9:15 - 9:45am (30 min) Yoga Foundations with Nicky, Michelle & Linda Meeting ID: 843 4508 3807	9:15 - 9:45am (30 min) Yoga Foundations with Nicky, Michelle & Linda Meeting ID: 843 4508 3807
6:00 - 7:30 pm (90 min) Beginner, Restorative, Round-body Yoga with Nicky Meeting ID: 821 9384 0497		10:30 - 11:30 am (60 min) Ohana's Stay on Your Feet, Chair & Balance Class Meeting ID: 880 8517 7441		10:30 - 11:30 am (60 min) Ohana's Stay on Your Feet, Chair & Balance Class Meeting ID: 880 8517 7441		10:30 - 11:30 am (60 min) Ohana's Stay on Your Feet, Chair & Balance Class Meeting ID: 874 7331 4524		10:30 - 11:30 am (60 min) Ohana's Stay on Your Feet, Chair & Balance Class Meeting ID: 874 7331 4524	10:00 to 11:30 am (90 min) Yoga for EVERYbody with Nicky, Linda & Michelle Meeting ID: 858 1793 7501	10:00 to 11:30 am (90 min) Yoga for EVERYbody with Nicky, Linda & Michelle Meeting ID: 858 1793 7501	10:00 to 11:30 am (90 min) Yoga for EVERYbody with Nicky, Linda & Michelle Meeting ID: 858 1793 7501
ZOOM IN to classes!		6:00 - 7:30 pm (90 min) - Yin & Yang Yoga - Nicky & Linda Meeting ID: 952 3345 2598		6:00 - 7:30 pm (90 min) - Yin & Yang Yoga - Nicky & Linda Meeting ID: 952 3345 2598		May 14th Every 2nd week 6:30 to 7:30pm – Restful Restorative with Linda, Meeting ID: 872 8014 1001		May 14th Every 2nd week 6:30 to 7:30pm – Restful Restorative with Linda, Meeting ID: 872 8014 1001	Visit ohanawellness.ca for class descriptions and details.	Visit ohanawellness.ca for class descriptions and details.	Visit ohanawellness.ca for class descriptions and details.

**Movement is MEDICINE,
A class for EVERYbody!**