



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 - 10:15am Monday Bliss with Chelsea	9:15 - 10:15am Warm Core Pilates with Angela	9:15 - 10:15am Gentle Yoga with Sue	9:15 - 10:15am Hot Playful Flow with Chantelle	9:15 - 10:15am Yin -> Yang with Chelsea	9:30-10:30am Freestyle Flow with Catie	9:00 - 10:00 am Hot Warrior Vinyasa with Cortney
						11:00am - 12:00pm Restorative Yoga with Sue/Chelsea
	5:30 - 6:30pm Flow to Sticky with Chelsea	5:30 - 6:30pm Hot Strength + Movement with Cortney		5:30 - 6:30pm Hot Happy Hour with various instructors		
6:00 - 7:00pm Hot Playful Flow with Chantelle	7:30 - 8:30pm Hot Flow, Align + Unwind with Jennie	7:30- 8:30pm Therapeutic Blend with Chelsea /Meagan	6:30 - 7:30pm Simply Yoga (whatever that means!) with Chelsea \$8 karma class			
8:00 - 9:00pm Yin + Self Massage with Chelsea			8:00 - 9:00pm Restore + More with Chelsea			

'It is not your job to fit into the pose. It is the poses job to be of service to you...'
-someone anonymously brilliant

'...and it is your responsibility to decide how you define service...'
-Bloom Tribe adds this kicker

schedule runs
Feb 19 - Mar 31

Details • Our response to COVID-19 and the current protocols

- as per regulations from the Grey-Bruce Health unit, masks must be worn indoors. However, masks are NOT required to be worn during Yoga class while on your mat.
- Metta has always prided itself on the highest standards of cleanliness, but we are taking extra precaution with additional cleaning/sanitizing especially with high traffic areas
- in the studio space you will find specified markings for mats to maintain required distance. Indoor classes will be capped at 9 students.
- **Pre-registration** (website -> live schedule) **is required.** Please be mindful and cancel your registration if you are no longer attending. **Failure to do so within 4 hours of class will require a \$10 no show fee or a class off of your current pass.** Through our registration page you will be asked a series of questions, please read carefully to insure awareness of our policies/expectations.
- please arrive no sooner than 10 minutes before class to allow the previous class to exit and the studio space to be cleaned and set up again.
- props that are required for class will be provided. If you have your own or require something extra (i.e. an extra blanket) please bring your own. Each mat space will be supplied with it's own sanitizing supplies for balls/blocks. Note that blankets/straps/bolster covers are washed after every use, for this reason, if you have your own please bring.



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