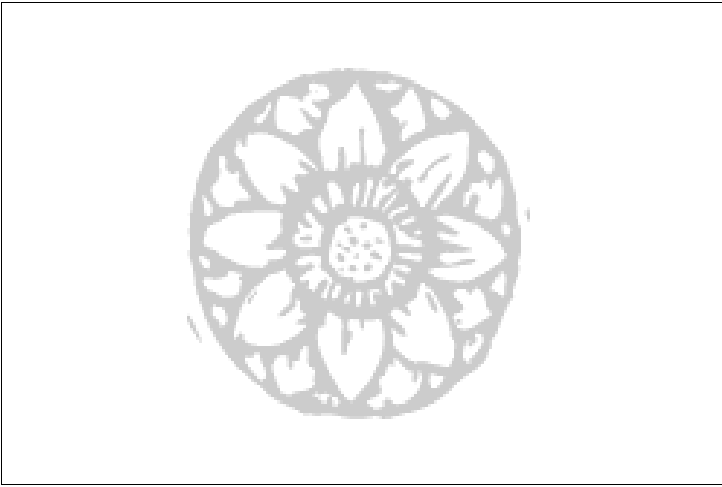


# Experience Yoga

## Oasis Wellness Centre

### Winter 2007

Classes will be cancelled:  
 Mon October 8 (Thanksgiving)  
 Tues October 30 (Staff Meeting)  
 Dec 23-Jan 1



	Mon	Tue	Wed	Thu	Fri	Sat
6:15			Multi-level yoga Camilla		Multi-level yoga Camilla	
9:30						Multi-level yoga Camilla
11:00						Pilates Camilla
5:15	Multi-level yoga Camilla	Multi-level yoga Camilla	Multi-level yoga Camilla	Multi-level yoga Camilla		
6:45		Pilates Gina	Multi-level yoga Camilla	Pilates Gina		

Yoga classes 75 minutes in length / Pilates classes 45 minutes in length  
[www.oasis-spa.com](http://www.oasis-spa.com)