

Yoga Schedule Spring 2026 Ap *April to June*

	Tuesday	Wednesday	Thursday	Friday	Sunday
10:30 AM					
11:00 AM		Chair yoga for healthy aging 10:30-11:30 <i>*Evolutions</i>			
11:30 AM					
12:00 PM				Chair Yoga for Strength & Balance	
12:30 PM					
1:00 PM	Yoga for back care mat class 1-2pm <i>* Mctavish</i>		12:15-1:15 PM- <i>*Mctavish</i>		
1:30 PM					
2:00 PM					
3:00 PM					Yoga Meander: Yoga for Anxiety
4:00 PM					3-4 pm <i>*Centennial</i>
7:00 PM				Restorative Yoga	
7:30 PM				<i>* Mctavish</i>	
8:00 PM				7:15-8:15	

NOTES

**Evolutions.* [Class held at Evolutions Wellness. Click to Register](#)

**Mctavish.* [Class held at Mctavish Academy of Art . Click to register](#)

**Centennial.* Class held outside at Centennial Park . 7526 Wallace Dr, Saanichton. Email Michelle to Register