

Yoga Schedule Spring 2026

April to June

	Tuesday	Wednesday	Thursday	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 12:15-1:15 PM- <i>*Mctavish</i>	
12:30 PM				
1:00 PM	Yoga for back care mat class 1-2pm <i>* Mctavish</i>			
1:30 PM				
2:00 PM				April 12, 19 & 26
3:00 PM				Yoga Meander: Yoga for Anxiety
4:00 PM				3-4 pm <i>*Centennial</i>
4:30 PM				Restorative Yoga Ongoing
5:00 PM				4:30-5:30
5:30 PM				<i>*Evolutions</i>

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