

YOGA @ 310 Wellness

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Release & Restore (Brittany) 7 - 8:15 PM	31 Relax & Renew (HM) 7:30-9:00 PM	1 Movement & Meditation 10:00 – 11:15 AM	2 Empowered Core (HM) 7:00 – 8:00 PM	3 Restorative Yin (HM) 7:30 – 9:00 PM	4	5 Power in the Park (Britt) 9:00 – 10:00 AM
6	7 Relax & Renew (HM) 7:30-9:00 PM	8 Movement & Meditation 10:00 – 11:15 AM	9 Empowered Flow (Brittany) 7:00 – 8:00 PM	10 Baby Yoga 10:30 – 11:30 Restorative Yin (HM) 7:30 – 9:00 PM	11	12 Zumba (McHale) 9:00 – 10:00 AM
13 Release & Restore (Brittany) 7 - 8:15 PM	14 Relax & Renew (HM) 7:30-9:00 PM	15 Movement & Meditation 10:00 – 11:15 AM	16 Empowered Core (HM) 7:00 – 8:00 PM	17 Baby Yoga 10:30 – 11:30 Restorative Yin (HM) 7:30 – 9:00 PM	18	19 Zumba (McHale) 9:00 – 10:00 AM
20 Release & Restore (Angela) 7 - 8:15 PM	21 Relax & Renew (HM) 7:30-9:00 PM	22 Movement & Meditation 10:00 – 11:15 AM	23 Empowered Flow (Brittany) 7:00 – 8:00 PM	24 Baby Yoga 10:30 – 11:30 Restorative Yin (HM) 7:30 – 9:00 PM	25	26 Zumba (McHale) 9:00 – 10:00 AM
27 Release & Restore (Brittany) 7 - 8:15 PM	28 Relax & Renew (HM) 7:30-9:00 PM	29 Movement & Meditation 10:00 – 11:15 AM	30 Empowered Core (HM) 7:00 – 8:00 PM	1 Baby Yoga 10:30 – 11:30 Restorative Yin (HM) 7:30 – 9:00 PM	2 Shake into Stillness (Angela) 7 -9:00 pm	3 Zumba (McHale) 9:00 – 10:00 AM

Yoga with Heather

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