

Yoga @ 310 Wellness

Book online www.heathermcdermidyoga.com

MAY
2025

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<p><u>7:00 - 8:00 pm</u> Luminous Stretch (Ness)</p>	<p><u>9:00 - 12:00 pm</u> Yoga Teacher Training (Heather)</p> <p><u>7:30 - 9:00 pm</u> Relax & Renew (Heather)</p>	<p><u>9:30 - 10:45 AM</u> Meditation & Movement (Heather)</p> <p><u>5:00 - 6:00 PM</u> Empowered Core (Heather)</p> <p><u>7:30 - 8:45 PM</u> Luminous Yin (Ness)</p>		<p><u>9:30 - 10:45 AM</u> Rise & Shine (Heather)</p> <p><u>11:00 - 12:00 PM</u> Baby Yoga (Heather)</p> <p><u>7:30 - 9:00 PM</u> Restorative Yin (Heather)</p>		<p><u>9:30 - 10:45 AM</u> Crystal Sound Yoga (Heather)</p>

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Pricing Plans can be used for any class (April - June 2025)
Join us on the free mobile app “Fit by Wix” to easily book classes
(use invite code IMYUDP)

Android



Apple

