YOGA @ 310 Wellness

October 2026

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

Yoga with Heather

204 794-5520

www.heathermcdermidyoga.com