
 <b>Acu-Harmony &amp; Health</b> <b>780-963-1297</b>		Monday	Tuesday	Wednesday	Thursday	Saturday
			<b>Warm Yoga Flow</b> Drop in Jan 7 - Dec 15 9:00-10:15am	<b>Warm Ashtanga Yoga Flow</b> Drop in Jan 9 - Dec 17 9:00-10:30am		
<b>Please Note:</b> If you are a new student to Acu-Harmony & Health please call first to discuss the most suitable class as classes are progressive to help support students development. Thank you <a href="http://www.acuharmonyhealth.com">www.acuharmonyhealth.com</a> 4805 - 52 Ave , Stony Plain, AB	<b>Gentle + MS Yoga</b> Registered/drop in See back for dates 11:00am-12:00pm	<b>Seniors Yoga</b> Register with and held at Stony Plain Library Ph# 780-963-5440 11:00am-12:00pm	<b>Gentle Hatha Yoga</b> Registered/drop in See back for dates 11:00am-12:00pm	<b>Warm Yin</b> Registered/drop in See back for dates 11:00am-12:15pm		
	<b>Warm Ashtanga Yoga Flow</b> Registered/drop in See back for dates 5:50-6:50 pm	<b>Kundalini</b> Drop in Jan 7 - Dec 15 7:00-8:15 pm	<b>Meditation</b> Registered/drop in Specific dates See back for details 5:50-6:50pm	<b>Acu Kundalini Yoga Flow</b> Drop in Jan 9 - Dec 17 7:00-8:15pm		
			<b>Beginner</b> Registered/drop in Specific dates See back for details 5:50-6:50pm			
<b>2020</b>						

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2020 Prices	2020 Schedule Registered Classes (Dates and Prices subject to change)			
<p><b>Drop in Rates:</b>  <b>\$13.00 - (12 and Under)</b>  <b>\$13.00 - (Senior)</b>  <b>\$15.00 - (Adult)</b></p> <p><b>Special Rates</b>  <b>\$55 - (Monthly Rate)</b>  <b>\$90 - (Unlimited)</b>  <b>MS Discount available - Inquire</b></p> <p>Cash or cheque only please</p>	<p><b>Warm Ashtanga</b> (Mondays)</p> <p><b>Gentle &amp; MS Yoga</b> (Tuesdays)</p> <p><b>Beginner</b> (Wednesdays)</p> <p><b>Meditation</b> (Wednesdays)</p> <p><b>Gentle Hatha Yoga</b> (Thursdays)</p> <p><b>Warm Yin</b> (Saturdays)</p>	<p>February 3 - April 27 October 5 - December 7</p> <p>January 7 - February 25 March 3 - April 21 April 28 - June 16 June 23 - August 11 August 18 - October 6 October 13 - December 15</p> <p>April 8 - May 27 September 9 - October 21</p> <p>February 12 - April 1 October 28 - December 16</p> <p>January 9 February 20 February 27 - April 16 April 23 - June 11 June 18 - August 6 August 13 - October 1 October 8 - December 17</p> <p>January 11 - March 7 March 14 - May 9 October 3 - December 5</p>	<p><b>\$110</b> <b>\$90</b></p> <p><b>\$80</b> <b>\$80</b> <b>\$80</b> <b>\$80</b> <b>\$80</b> <b>\$100</b></p> <p><b>\$80</b> <b>\$70</b></p> <p><b>\$80</b> <b>\$70</b></p> <p><b>\$70</b> <b>\$80</b> <b>\$80</b> <b>\$80</b> <b>\$80</b> <b>\$110</b></p> <p><b>\$90</b> <b>\$90</b> <b>\$100</b></p>	<p>No class Feb 17 or Apr 13 No class Oct 12</p> <p></p> <p>No class Nov 11</p> <p></p> <p>No class Feb 15 No class Apr 11 No class Oct 10</p>
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