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5K Fun Run Includes a PK Shot after the race!

The Great Lawn	**Intro To Yoga** Sophie Malouin	**Community Connect Flow** Ro Nwosu	**Cleansing Vinyasa Flow** Takshi Sachdeva	**Acro Dance Lifts** Tianna Tettemer	**Sat Nam Flow** Megan Campbell	**Dharma Yoga Charging** Justine Hoang	
Horticulture Practice Space	**Flow** (Accessible All Levels) Ali Arbeau	**Meditation & Soundbath** Lori Preshing	**Myofascial Movement Flow** Rob Aranyosi	**SOULHUM Kirtan Band** Zofia Kumas & Scot Dunlop	**Rhythmic Flow & Meditation** Ayesha Basi	**Gentle Flow & Meditation** Akhyra Renomeron	
Secret Space	**Budokon Flow** Allison Tomotsugu	**Flip Your Perspective** Aleysha Derksen	**Chakra Flow** Stuti Mukherjee	**Chair Yoga** Janaki Recoskie	**Beginner Pilates** Antonia Roul	**Warrior Flow** Maegan Adams	
Lil Om'ies Zone	**Happy Kids Yoga** Jenn Stow	**Monkey Rock Music**	**World of Kids Yoga** Heather Allardyce	**Drag Queen Book Reading**	**Monkey Rock Music**	**Explore the World through Yoga** Erin Victor	
Saje Meditation Series	**Power of Breath** Mike Dynie	**Yoga & Meditation Journal** Samukele Ncube	**Meditation** Alex Ure	**Soul Mama Circle** Sarah Griesbach	**Aromatherapy** Cat Doyle	**Breathwork** Krista Reid	
Speaker Series	**Menopause & Yoga** Lorri Cadeau	**Fear & Anxiety Talk** Jeff Shepherd	**The Intuitive Journey** Kristy Whyte	**Yoga Diversity** Sydnee Burgess	**Thai Yoga Massage** Genevieve Munro	**Mindful Writing Workshop** treesANDbreathe	
Court Practice Space	**Ashtanga** Imad Khaddaj	**Athletic Recovery** Marcelo Cuenca	**Partner Fit** Tarik & Rudie	**Fit Lab Class** Adam Bracken	**Summer Solstice Flow** Bronwyn Lefebvre	**Bootcamp** Kate Laird	
Elevate Spin	Spin	Spin	Spin	Spin	Spin		
Aberdeen Pavillion Practice Space	**Wake & Shake** Megan Beahan	**Partner Yoga** Ciara Beaton	**Flow** (with Live Musician) Jen Dalgleish	**Druminyasa Beats** Brittany Bryden	**Dynamic Vinyasa Flow** Crio Co	**Flow** (with DJ Rise Ashen) Jenn Stow	**Ritual x Drag** Amber Stratton & Sunshine Glitterchild

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