

MOVEMENT SCHEDULE WINTER 2020

@ Fix Selkirk

Monday	Tuesday	Wednesday	Thursday	Friday
			9:45AM – 11:45 AM Kinesiology with Liam Webster	
12PM - 1PM Drop-In Vinyasa Yoga with Taylor Winfrey		12PM - 1PM Drop-In Yang-Yin Yoga with Taylor Winfrey		12PM - 1PM Drop-In “fun” Yoga with Taylor Winfrey
	1:15 PM - 6:15 PM Kinesiology with Liam Webster	1 PM - 3 PM Kinesiology with Liam Webster	2:30PM-3:45PM Mind-Body Therapy Class with Wynn Gmitroski	

*Our Mind-Body Therapy classes and Kinesiology sessions are pre-registered, so please contact our front desk to book your spot. (778) 265-9555