



GSP YOGA

with Christina & Francinna Coffard

JANUARY 13 - MARCH 24

TUESDAY'S AND THURSDAY'S 6:00-7:00PM

SATURDAY'S 10:00-11:00AM

**ALL CLASSES TAKE PLACE AT THE GLENGARRY SPORTS PALACE
(170 MACDONALD BLVD, ALEXANDRIA) OR ACCESSIBLE VIA ZOOM**

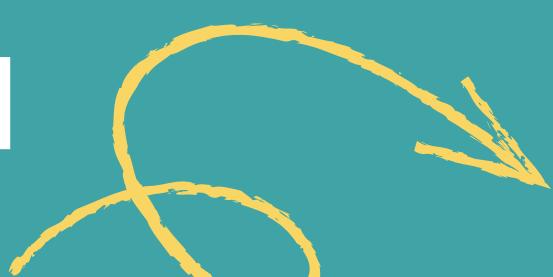
\$112.50

INCLUDES HST

**PACKAGE INCLUDES ACCESS TO ALL 29
CLASSES FOR THE WINTER SEASON**

**REGISTRATION
NOW OPEN!**

**REGISTER IN PERSON @ THE TIM
HORTON'S DOME OR ONLINE**



**NORTH
GLENGARRY
NORD**

*Ontario's Celtic Heartland
Le centre céltique de l'Ontario*



GSP YOGA

with Christina & Francinna Coffard

TUE JAN 13, 2026 06:00PM - 07:00PM
THU JAN 15, 2026 06:00PM - 07:00PM
SAT JAN 17, 2026 10:00AM - 11:00AM
TUE JAN 20, 2026 06:00PM - 07:00PM
THU JAN 22, 2026 06:00PM - 07:00PM
SAT JAN 24, 2026 10:00AM - 11:00AM
TUE JAN 27, 2026 06:00PM - 07:00PM
THU JAN 29, 2026 06:00PM - 07:00PM
SAT JAN 31, 2026 10:00AM - 11:00AM
TUE FEB 3, 2026 06:00PM - 07:00PM
THU FEB 5, 2026 06:00PM - 07:00PM
SAT FEB 7, 2026 10:00AM - 11:00AM
TUE FEB 10, 2026 06:00PM - 07:00PM
THU FEB 12, 2026 06:00PM - 07:00PM
SAT FEB 14, 2026 - NO CLASS

TUE FEB 17, 2026 06:00PM - 07:00PM
THU FEB 19, 2026 06:00PM - 07:00PM
SAT FEB 21, 2026 10:00AM - 11:00AM
TUE FEB 24, 2026 06:00PM - 07:00PM
THU FEB 26, 2026 06:00PM - 07:00PM
TUE MAR 3, 2026 06:00PM - 07:00PM
THU MAR 5, 2026 06:00PM - 07:00PM
SAT MAR 7, 2026 10:00AM - 11:00AM
TUE MAR 10, 2026 06:00PM - 07:00PM
THU MAR 12, 2026 06:00PM - 07:00PM
SAT MAR 14, 2026 10:00AM - 11:00AM
TUE MAR 17, 2026 06:00PM - 07:00PM
THU MAR 19, 2026 06:00PM - 07:00PM
SAT MAR 21, 2026 10:00AM - 11:00AM
TUE MAR 24, 2026 06:00PM-07:00PM



ALL CLASSES TAKE PLACE AT THE GLENGARRY SPORTS PALACE
MICHEL DEPRATTO HALL (170 MACDONALD BLVD, ALEXANDRIA)
OR ACCESSIBLE VIA ZOOM