

SAFESPACE



SAFESPACE

Hello Marium & Indu!

Are You Ready To Improve Your Mental & Physical Health?



Arrange My Calendar

Mon

- Spin Class
- Meditation

Book

Tues

- Group Run
- Yoga

Book

Wed

- Light weights
- Journaling

Book

Thurs

- Group Pilates
- Meditation

Book

SafeSpace offers at home and in person group work outs that are inclusive of beginners

[Learn more](#)

Find a Community

your sanctuary in the digital world where you can find supportive communities tailored to your needs

Find Friends

[Connect Contacts](#)

Next Class

guided meditation session designed to help you find inner peace

Guided Meditation
W/Instructor Alex

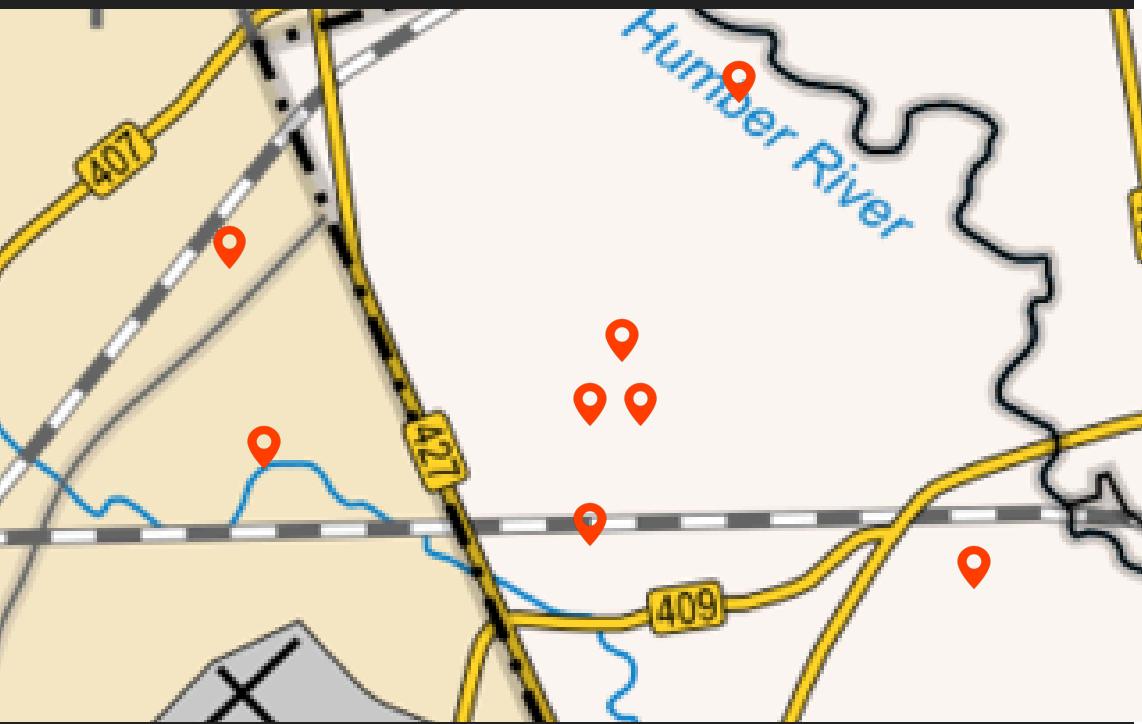
9:00 AM - 10: 00 AM





Locator

650 Kerr Trail, Milton, Ontario, L9t5W3
[Change Location](#)



[Search Gyms Nearby](#)



[Book](#)

[Filter](#)



[Now](#)

Group Yoga Fitness

a yoga class designed to cultivate balance, strength, and inner peace. Join us on a journey of self-discovery and holistic well-being as we...

[Book](#)

Group Spin Classes

the ultimate spin class experience that will ignite your energy, challenge your limits, and leave you feeling exhilarated from start to finish.

[Book](#)





Confirmation of Booking

Thank You for Booking!

Confirmation #: 998

Guided Yoga @ La Fitness

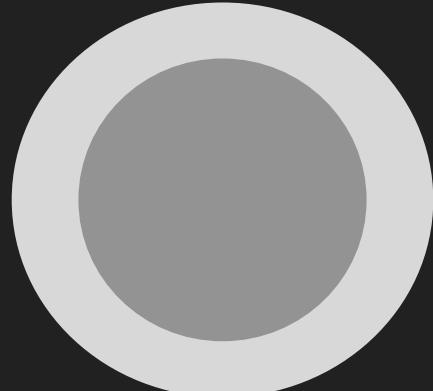
Sunday March 31st

In this class, you'll experience a harmonious blend of movement, breathwork, and mindfulness techniques aimed at enhancing flexibility, building strength, and promoting relaxation.

Add to Google Calendar >

Find on Google Maps 

Stats



Hours Spent on Psychical Health : 2hrs



Hours Spent on Mental Health : 7hrs



SAFESPACE



Rate Past Workout

Yoga



Points Earned Per Review : +40

Write a review

Guided Meditation



Write a review

Add Friends

@ LA Fitness

Lesley K



@ LA Fitness

Chris N



@ LA Fitness

Ruby Q



Welcome Marium!

Hi, My name is Marium N, I currently work at PWC and want to invest more time into my psychical and mental health.

Edit Bio

Edit Profile pic

