

**NOVEMBER 2018 905.660.8880 1750 SteelesAveW (Dufferin & Steeles) "Occasionally there may be a change of Instructors"**

NOTE: 1. All classes are "body temperature" and are Hot Yoga Wellness Foundation Series, unless otherwise stated 2. \* 60 minute class. \*\* 75 minute class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			31-Oct	01-Nov	02-Nov	03-Nov
FF - Foundation Flow MY - Mixed Yin Yoga PY - Power Yoga YF - Yoga Fitness MX - MixedYogaStyles HC - Hot Core VF - Vinyasa Flow	<b>ACRO YOGA THU 7pm</b> total body strengthening, core work, stretching, Kinetic awareness, self-control, conquer the fear of falling & MORE. &it's fun!!! Take Pics!!!	All "E" classes are \$11 or use your membership  <b>All Yoga Classes except aerial &amp; acro are in the "hot" room</b>	9:30 **E FF S/J/B 12:00 *E MX S/J/B  5:30 * FF Erika 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Pari 12:00 *E FF Pari <b>Acro Yoga 7-8pm</b> 5:30 * FF Kim 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex  5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari   5:00 FF Khadija
04-Nov	05-Nov	06-Nov	07-Nov	08-Nov	09-Nov	10-Nov
9:00 ** FF Vanessa 11:00 *E MX Tilda  5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Xiaotang 12:00 *E MX Xiaotang <b>AerialYoga7-8pm</b> 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka  5:30 * FF Pinar 7:00 * YF Quinn 8:30 * FF Savina	9:30 **E FF S/J/B 12:00 *E MX S/J/B  5:30 * FF Erika 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Tilda 12:00 *E FF Tilda <b>Acro Yoga 7-8pm</b> 5:30 * FF Kim 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex  5:30 * FF Ruka 7:00 MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari  5:00 FF Khadija
<b>RemembranceDay</b>	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov
9:00 ** FF Vanessa 11:00 *E MX Tilda  5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Xiaotang 12:00 *E MX Xiaotang <b>AerialYoga7-8pm</b> 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka  5:30 * MX Pinar 7:00 * YF Quinn 8:30 * FF Savina	9:30 **E FF S/J/B 12:00 *E MX S/J/B  5:30 * FF Judit 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Pari 12:00 *E FF Tilda <b>Acro Yoga 7-8pm</b> 5:30 * FF Kim 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex  5:30 * FF Pinar 7:00 *E MX Pari	9:00 ** FF Pari 11:00 *E MX Pari  5:00 FF Khadija
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov
9:00 ** FF Vanessa 11:00 *E MX Tilda  5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Xiaotang 12:00 *E MX Xiaotang <b>AerialYoga7-8pm</b> 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka  5:30 * FF Pinar 7:00 * YF Quinn 8:30 * FF Savina	9:30 **E FF S/J/B 12:00 *E MX S/J/B  5:30 * FF Judit 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Pari 12:00 *E FF Pari <b>Acro Yoga 7-8pm</b> 5:30 * FF Kim 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex  5:30 * FF Pinar 7:00 *E MX Pari	9:00 ** FF Pari 11:00 *E MX Pari  5:00 FF Khadija
25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov	
9:00 ** FF Vanessa 11:00 *E MX Tilda  5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Xiaotang 12:00 *E MX Xiaotang <b>AerialYoga7-8pm</b> 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF S/J/B 12:00 *E MX S/J/B  5:30 * FF Pinar 7:00 * YF Quinn 8:30 * FF Savina	9:30 **E FF S/J/B 12:00 *E MX S/J/B  5:30 * FF Erika 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Tilda 12:00 *E FF Tilda <b>Acro Yoga 7-8pm</b> 5:30 * FF Kim 7:00 * MX Kim 8:30 * FF Pinar	9:30 **E FF Alex 12:00 *E VF Alex  5:30 * FF Ruka 7:00 *E MX Ruka	<b>LIVE LOVE DO YOGA</b>

"E" are Economy @ \$11 or use your PLAN. Birthday Party? Core strengthening? Aerial or Acro!!!! Sep30 is at the TOP LEFT!