

AUGUST 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
			01-Aug	02-Aug	03-Aug	Long Weekend
FF - Foundation Flow MY - Mixed Yin Yoga PY - Power Yoga YF - Yoga Fitness MX - MixedYogaStyles HC - Hot Core VF - Vinyasa Flow	Yoga ALL CLASSES are in the 37C (98F) "hot" room. (Except Aerial and Acro)	ACRO YOGA THU 7pm total body strengthening, core work, stretching, Kinetic awareness, self-control, conquer the fear of falling & MORE. &it's fun!!! Great Pics!!!	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF MarieH 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E FF S/J/B 12:00 *E MX S/J/B Acro Yoga Thu 7-8pm 5:30 * FF Kim 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 7:00 *E MX Pari	9:00 ** FF Pari 11:00 *E MX Pari
Long Weekend	Civic Holiday	07-Aug	08-Aug	09-Aug	10-Aug	11-Aug
9:00 ** FF Vanessa 11:00 *E MX Tilda	9:30 **E FF MarieH 12:00 *E MX MarieH AerialYoga7-8pm 7:00 * MX Tilda	9:30 **E FF Nancy 12:00 *E MX Nancy 5:30 * FF Pinar 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E FF Pari 12:00 *E MX Tilda 5:30 * FF Pari 7:00 * HC MarieH 8:30 ** MY MarieH	9:30 **E FF S/J/B 12:00 *E MX S/J/B Acro Yoga Thu 7-8pm 5:30 * FF Kim 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Ruka 12:00 *E VF Ruka 5:30 * FF Ruka 7:00 MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 FF Tam
12-Aug	13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
9:00 ** FF Vanessa 11:00 *E MX Tilda 5:00 * FF MarieH 6:30 **E MY MarieH	9:30 **E FF MarieH 12:00 *E MX MarieH AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Nancy 12:00 *E MX Nancy 5:30 * FF Pinar 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Pari 7:00 * HC Pari 8:30 ** MY Pari	9:30 **E FF S/J/B 12:00 *E MX S/J/B Acro Yoga Thu 7-8pm 5:30 * FF Kim 7:00 * MX MarieH 8:30 * FF MarieH	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Ruka 11:00 *E MX Pari 5:00 FF Khadija
19-Aug	20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
9:00 ** FF Vanessa 11:00 *E MX Tilda 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Ruka 12:00 *E MX Ruka AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Nancy 12:00 *E MX Nancy 5:30 * FF Pinar 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Pari 7:00 * HC Judit 8:30 ** MY Judit	9:30 **E FF S/J/B 12:00 *E MX S/J/B No Acro Yoga today 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 Judit 11:00 *E MX Judit 5:00 FF Tam
26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	01-Sep
9:00 ** FF Pari 11:00 *E MX Pari 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Ruka 12:00 *E MX Ruka AerialYoga7-8pm 5:30 * FF Judit 7:00 * MX Judit 8:30 * FF S/J/B	9:30 **E FF Pari 12:00 *E MX Pari 5:30 * FF Pinar 7:00 * YF Jessica 8:30 * FF Savina	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Judit 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E FF S/J/B 12:00 *E MX S/J/B Acro Yoga Thu 7-8pm 5:30 * FF Kim 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Lina 12:00 *E VF Lina 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 FF Tam

"E" are Hot Economy@\$11. All other are Hot@\$18. Birthday Party or Core strengthening? Your choice of time re Aerial or Acro Yoga!!