

SEPTEMBER 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
30-Sep	01-Oct				31-Aug	Long Weekend
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 AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	ACRO YOGA THU 7pm total body strengthening, core work, stretching, Kinetic awareness, self-control, conquer the fear of falling & MORE. &it's fun!!! Take Pics!!!	FF - Foundation Flow MY - Mixed Yin Yoga PY - Power Yoga YF - Yoga Fitness MX - MixedYogaStyles HC - Hot Core VF - Vinyasa Flow	All "E" classes are \$11 or use your membership All Yoga Classes except aerial & acro are in the "hot" room	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
Long Weekend	Labour day	04-Sep	05-Sep	06-Sep	07-Sep	08-Sep
9:00 ** FF Vanessa 11:00 *E MX Vanessa	9:30 **E FF Xiaotang 12:00 *E MX Xiaotang AerialYoga7-8pm 7:00 * MX Judit	9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Pinar 7:00 * YF Pinar 8:30 * FF Savina	9:30 **E FF Derek 12:00 *E MX Ruka 5:30 * FF Khadija 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B Acro Yoga 7-8pm 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 MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 FF Tam
09-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
9:00 ** FF Tilda 11:00 *E MX Tilda 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Xiaotang 12:00 *E MX Xiaotang AerialYoga7-8pm 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 Pinar 8:30 * FF Savina	9:30 **E FF Derek 12:00 *E MX Ruka 5:30 * FF Khadija 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B Acro Yoga 7-8pm 5:30 * FF Kim 7:00 * MX Kim 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 Tam
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
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 AerialYoga7-8pm 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 Pinar 8:30 * FF Savina	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Khadija 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B Acro Yoga 7-8pm 5:30 * FF Pari 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 Tam
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
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 AerialYoga7-8pm 5:30 * FF Judit 7:00 * MX Judit 8:30 * FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Pinar 7:00 * YF Pinar 8:30 * FF Savina	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Khadija 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B Acro Yoga 7-8pm 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 Tam

"E" are Economy @ \$11 or use your PLAN.

Birthday Party? Core strengthening? Aerial or Acro!!!!

September30 is at the TOP LEFT !