

**OCTOBER 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	02-Oct	03-Oct	04-Oct	05-Oct	06-Oct
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 Jessica 12:00 *E MX Jessica  5:30 * FF Judit 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B <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
07-Oct	<b>Thanksgiving Day</b>	09-Oct	10-Oct	11-Oct	12-Oct	13-Oct
9:00 ** FF Vanessa 11:00 *E MX Vanessa	9:30 **E FF Xiaotang 12:00 *E MX Xiaotang <b>AerialYoga7-8pm</b> 7:00 * MX Judit	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 Jessica 12:00 *E MX Jessica  5:30 * FF Pari 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B <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
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
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 <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 Jessica 12:00 *E MX Jessica  5:30 * FF Judit 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B <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
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
9:00 ** FF Vanessa 11:00 *E MX Vanessa  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 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 Quinn 8:30 * FF Savina	9:30 **E FF Jessica 12:00 *E MX Jessica  5:30 * FF Pari 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B <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
28-Oct	29-Oct	30-Oct	31-Oct			
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 <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 Jessica 12:00 *E MX Jessica  5:30 * FF Judit 7:00 * HC Cindy 8:30 ** MY Cindy	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>

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

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

Sep30 is at the TOP LEFT !