

Nov. 2018

www.HotYogaWellnessKennedy.com

416.901.5788

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

MY-Mixed Yin Yoga HC-Hot Core MX-Mixed Yoga YWL-Yoga for Weight Loss VF-Vinyasa Flow FF-HYW Foudation Flow Aerial Yoga: Friday 8:00pm - 9:00pm \$20 DI/\$150 10cc

C - Community Class, \$10 drop in or use your plan (Tax included), E - Economy Class, \$15 drop in or use your plan (Tax included)

OPEN HOUSE ON NOV. 10 TO CELEBRATE OUR 12 YEARS ANNIVESERY: FREE YOGA, BIG SALE FOR MEMBERSHIP, FOOD AND FUN	PLEASE NOTE: 1. All classes are "body temperature" and are Hot Yoga Wellness Foundation Series, unless otherwise stated. 2. All non-heated classes in italics. 3. * 60 minute class. ** 75 minute class.						1		2		3	
							9:30 ** MX Jenny	9:30 ** MX Pari	9:00 ** C MX Susan			
							12:00 * E FF Suzannah	12:00 * E FF Pari	11:00 * E FF May			
							5:30 * FF Nancy S	5:30 * C FF Susan	5:30 * C FF Kim			
7:00 * HC Jacinda	7:00 ** E YWL Guy	7:00 ** MY Jenny										
8:30 ** MY Jacinda	8:30 * C MX Guy											
4	5	6	7	8	9	10						
9:00 ** C FF Jacinda	9:30 ** MX Susan	9:30 ** MX Derek	9:30 ** MY Jenny	9:30 ** MX Jenny	9:30 ** MX Pari	OPEN HOUSE 9:00 TO 1:00 PLEASE ASK FRONT DESK FOR DETAILS						
11:00 * E HC Jacinda	12:00 * E FF Susan	12:00 * E FF Derek	12:00 * E FF Nancy S	12:00 * E FF Suzannah	12:00 * E FF Pari							
11:00 KIDS Jenny	5:30 * FF Pari	5:30 * FF Jenny	5:30 * FF May	5:30 * FF Nancy S	5:30 * C FF Susan							
5:30 * C FF Liliana	7:00 * HC Danielle	7:00 * MX May	7:00 * VF Susan	7:00 * HC Jacinda	7:00 ** E YWL Guy							
7:00 ** MY Susan	8:30 * MX Danielle	8:30 * FF May	8:30 * MX Susan	8:30 ** MY Jacinda	8:30 * C MX Guy							
11	12	13	14	15	16	17						
9:00 ** C FF Jacinda	9:30 ** MX Shallen	9:30 ** MX Susan	9:30 ** MY Jenny	9:30 ** MX Jenny	9:30 ** MX Pari	9:00 ** C MX Susan						
11:00 * E HC Jacinda	12:00 * E FF Shallen	12:00 * E FF Susan	12:00 * E FF Nancy S	12:00 * E FF Suzannah	12:00 * E FF Pari	11:00 * E FF Susan						
11:00 KIDS Jenny	5:30 * FF Pari	5:30 * FF Jenny	5:30 * FF May	5:30 * FF Nancy S	5:30 * C FF Susan	5:30 * C FF Kim						
5:30 * C FF Liliana	7:00 * HC Danielle	7:00 * MX May	7:00 * VF Susan	7:00 * HC Jacinda	7:00 ** E YWL Guy	7:00 ** MY Jenny						
7:00 ** MY Susan	8:30 * MX Danielle	8:30 * FF May	8:30 * MX Susan	8:30 ** MY Jacinda	8:30 * C MX Guy							
18	19	20	21	22	23	24						
9:00 ** C FF Jacinda	9:30 ** MX Shallen	9:30 ** MX Susan	9:30 ** MY Jenny	9:30 ** MX Jenny	9:30 ** MX Pari	9:00 ** C MX Susan						
11:00 * E HC Jacinda	12:00 * E FF Shallen	12:00 * E FF Susan	12:00 * E FF Nancy S	12:00 * E FF Suzannah	12:00 * E FF Pari	11:00 * E FF May						
11:00 KIDS Jenny	5:30 * FF Pari	5:30 * FF Jenny	5:30 * FF May	5:30 * FF Nancy S	5:30 * C FF Susan	5:30 * C FF Kim						
5:30 * C FF Liliana	7:00 * HC Danielle	7:00 * MX May	7:00 * VF Susan	7:00 * HC Jacinda	7:00 ** E YWL Guy	7:00 ** MY Jenny						
7:00 ** MY Susan	8:30 * MX Danielle	8:30 * FF May	8:30 * MX Susan	8:30 ** MY Jacinda	8:30 * C MX Guy							
25	26	27	28	29	30	OCCASIONALLY THERE MAY BE A CHANGE OF INSTRUCTORS						
9:00 ** C FF Jacinda	9:30 ** MX Shallen	9:30 ** MX Susan	9:30 ** MY Jenny	9:30 ** MX Jenny	9:30 ** MX Pari							
11:00 * E HC Jacinda	12:00 * E FF Shallen	12:00 * E FF Susan	12:00 * E FF Nancy S	12:00 * E FF TBD	12:00 * E FF Pari							
11:00 KIDS Jenny	5:30 * FF Pari	5:30 * FF Jenny	5:30 * FF May	5:30 * FF Nancy S	5:30 * C FF Susan							
5:30 * C FF Liliana	7:00 * HC Danielle	7:00 * MX May	7:00 * VF Susan	7:00 * HC Jacinda	7:00 ** E YWL Guy							
7:00 ** MY Susan	8:30 * MX Danielle	8:30 * FF May	8:30 * MX Susan	8:30 ** MY Jacinda	8:30 * C MX Guy							