

Sept 2018

www.HotYogaWellnessKennedy.com

416.901.5788

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	
<p>MY-Mixed Yin Yoga HC-Hot Core MX-Mixed Yoga YWL-Yoga for Weight Loss VF-Vinyasa Flow FF-HYW Foudation Flow Aerial Yoga: Only Open for Group Class</p> <p>----- C - Community Class, \$10 drop in or use your plan (Tax included), E - Economy Class, \$15 drop in or use your plan (Tax included)</p>							
30	OCCASIONALLY THERE MAY BE A CHANGE OF INSTRUCTORS			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 Long Weekend
9:00 **C FF Jacinda							9:00 **C MX Susan
11:00 *E HC Jacinda							11:00 *E FF May
5:30 *C FF Liliana							
7:00 ** MY Susan							
2 Long Weekend	3 Happy Labour Day	4	5	6	7	8	
9:00 **C FF Jacinda	9:30 ** MX Pari	9:30 ** MX Susan	9:30 ** MX Jenny	9:30 ** MY Jenny	9:30 ** MX Pari	9:00 **C MX Susan	
11:00 *E HC Jacinda	12:00 *E FF Pari	12:00 *E FF Susan	12:00 *E FF Nancy S	12:00 *E FF Nancy S	12:00 *E FF Pari	11:00 *E FF May	
5:30 *C FF Jenny		5:30 * FF Jenny	5:30 * FF May	5:30 * FF Nancy S	5:30 *C FF Susan	5:30 *C FF Kim	
		7:00 * MX May	7:00 * VF Susan	7:00 * HC Jacinda	7:00 **E YWL Guy	7:00 ** MY Jenny	
		8:30 * FF May	8:30 * MX Susan	8:30 ** MY Jacinda	8:30 *C MX Guy		
9	10	11	12	13	14	15	
9:00 **C FF Jacinda	9:30 ** MX Shallen	9:30 ** MX Susan	9:30 ** MX Jenny	9:30 ** MY 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 Nancy S	12:00 *E FF Pari	11:00 *E FF May	
5:30 *C FF Suzanna	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	
7:00 ** MY Susan	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	
	8:30 * MX Danielle	8:30 * FF May	8:30 * MX Susan	8:30 ** MY Jacinda	8:30 *C MX Guy		
16	17	18	19	20	21	22	
9:00 **C FF Jacinda	9:30 ** MX Suzannah	9:30 ** MX Susan	9:30 ** MX Jenny	9:30 ** MY Jenny	9:30 ** MX Pari	9:00 **C MX Susan	
11:00 *E HC Jacinda	12:00 *E FF Suzannah	12:00 *E FF Susan	12:00 *E FF Nancy S	12:00 *E FF Nancy S	12:00 *E FF Pari	11:00 *E FF May	
5:30 *C FF Liliana	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	
7:00 ** MY Susan	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	
	8:30 * MX Danielle	8:30 * FF May	8:30 * MX Susan	8:30 ** MY Jacinda	8:30 *C MX Guy		
23	24	25	26	27	28	29	
9:00 **C FF Jacinda	9:30 ** MX Shallen	9:30 ** MX Susan	9:30 ** MX Jenny	9:30 ** MY 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 Nancy S	12:00 *E FF Pari	11:00 *E FF May	
5:30 *C FF Liliana	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	
7:00 ** MY Susan	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	
	8:30 * MX Danielle	8:30 * FF May	8:30 * MX Susan	8:30 ** MY Jacinda	8:30 *C MX Guy		