

Oct. 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)

| OCCASIONALLY THERE MAY BE A CHANGE OF INSTRUCTORS | 1 | 2 | 3 | 4 | 5 | 6 Long Weekend | |
|--|--|---|---|--|--|--|--|
| | 9:30 ** MX Shallen 12:00 *E FF Shallen | 9:30 ** MX Susan 12:00 *E FF Susan | 9:30 ** MY Jenny 12:00 *E FF Nancy S | 9:30 ** MX Jenny 12:00 *E FF uzannah | 9:30 ** MX Pari 12:00 *E FF Pari | 9:00 **C MX Susan 11:00 *E FF May | |
| | 5:30 * FF Pari 7:00 * HC Danielle 8:30 * MX Danielle | 5:30 * FF Jenny 7:00 * MX May 8:30 * FF May | 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan | 5:30 * FF Nancy S 7:00 * HC Jacinda 8:30 ** MY Jacinda | 5:30 *C FF Guy | | |
| | 7 Long Weekend | 8 Happy Thanksgiving | 9 | 10 | 11 | 12 | 13 |
| | 9:00 **C FF Jacinda 11:00 *E HC Jacinda 5:30 *C FF Nancy | 9:30 ** MX Pari 12:00 *E FF Pari | 9:30 ** MX Susan 12:00 *E FF Susan | 9:30 ** MY Jenny 12:00 *E FF Nancy S | 9:30 ** MX Jenny 12:00 *E FF uzannah | 9:30 ** MX Pari 12:00 *E FF Pari | 9:00 **C MX Susan 11:00 *E FF May 5:30 *C FF Kim 7:00 ** MY Jenny |
| | | 5:30 * FF Jenny 7:00 * MX May 8:30 * FF May | 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan | 5:30 * FF Nancy S 7:00 * HC Jacinda 8:30 ** MY Jacinda | 5:30 *C FF Susan 7:00 **E YWL Guy 8:30 *C MX Guy | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| 9:00 **C FF Jacinda 11:00 *E HC Jacinda 5:30 *C FF Liliana 7:00 ** MY Susan | 9:30 ** MX Susan 12:00 *E FF Susan | 9:30 ** MX Derek 12:00 *E FF Derek | 9:30 ** MY Jenny 12:00 *E FF Nancy S | 9:30 ** MX Jenny 12:00 *E FF uzannah | 9:30 ** MX Pari 12:00 *E FF Pari | 9:00 **C MX Susan 11:00 *E FF May 5:30 *C FF Kim 7:00 ** MY Jenny | |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 | |
| 9:00 **C FF Guy 11:00 *E HC Guy 5:30 *C FF Liliana 7:00 ** MY Susan | 9:30 ** MX Susan 12:00 *E FF Susan | 9:30 ** MX Derek 12:00 *E FF Derek | 9:30 ** MY Jenny 12:00 *E FF Nancy S | 9:30 ** MX Jenny 12:00 *E FF uzannah | 9:30 ** MX Pari 12:00 *E FF Pari | 9:00 **C MX Susan 11:00 *E FF May 5:30 *C FF Kim 7:00 ** MY Jenny | |
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| 28 | 29 | 30 | 31 | 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. | | | |
| 9:00 **C FF Guy 11:00 *E HC Guy 5:30 *C FF Liliana 7:00 ** MY Susan | 9:30 ** MX Susan 12:00 *E FF Susan | 9:30 ** MX Derek 12:00 *E FF Derek | 9:30 ** MY Jenny 12:00 *E FF Nancy S | | | | |
| | 5:30 * FF Pari 7:00 * HC Danielle 8:30 * MX Danielle | 5:30 * FF Jenny 7:00 * MX May 8:30 * FF May | 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan | | | | |