

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						1 Long Weekend
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R 6:00-7:00 Melissa HY						8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Angela PN 1:00-2:00 Cancelled 4:00-5:00 Cancelled
2 Long Weekend	3 Labour Day	4	5	6	7	8
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Cancelled 6:00-7:00 Cancelled	6:30-7:30 Cancelled 9:30-10:45 Katie HF 12:30-1:30 Katie HVF 4:30-5:45 Eric A 6:15-7:30** Wenli HVF 8:00-9:00 David HY 9:30-10:30 Cancelled	6:30-7:30 Wenli VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y 4:30-5:45** Vanessa YY 6:15-7:15 Mia PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY	6:30-7:30 Mehran VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P 4:30-5:45 Kyle HY 6:15-7:30** Connie HF 8:00-9:00 Jenna PF 9:30-10:30 Jenna HY	6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF 4:30-5:45** Eric A 6:15-7:30 Serena HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R	6:30-7:30 Jenny P 9:30-10:45 Michael VF 12:30-1:30 Rachel HVF 4:30-5:30 Jenn HF 6:00-7:00** Jenn Y	8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Nia PN 1:00-2:00 Sandy P 4:00-5:00 Roofia C
9	10	11	12	13	14	15
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R 6:00-7:00 Melissa HY	6:30-7:30 Katie VF 9:30-10:45 Katie HF 12:30-1:30 Katie HVF 4:30-5:45 Leslie A 6:15-7:30** Wenli HVF 8:00-9:00 David HY 9:30-10:30 David HF	6:30-7:30 Wenli VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y 4:30-5:45** Vanessa YY 6:15-7:15 Mia PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY	6:30-7:30 Mehran VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P 4:30-5:45 Kyle HY 6:15-7:30** Connie HF 8:00-9:00 Jenna PF 9:30-10:30 Jenna HY	6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF 4:30-5:45** Leslie A 6:15-7:30 Jenny HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R	6:30-7:30 Jennifer VF 9:30-10:45 Michael VF 12:30-1:30 Rachel HVF 4:30-5:30 Jenna HF 6:00-7:00** Jenna Y	8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Nia PN 1:00-2:00 Sandy P 4:00-5:00 Avital C
16	17	18	19	20	21	22
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R 6:00-7:00 Melissa HY	6:30-7:30 Katie VF 9:30-10:45 Katie HF 12:30-1:30 Katie HVF 4:30-5:45 Leslie A 6:15-7:30** Wenli HVF 8:00-9:00 David HY 9:30-10:30 David HF	6:30-7:30 Wenli VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y 4:30-5:45** Vanessa YY 6:15-7:15 Mia PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY	6:30-7:30 Mehran VF 9:30-10:45 Leslie HF 12:30-1:30 Jenna P 4:30-5:45 Kyle HY 6:15-7:30** Connie HF 8:00-9:00 Jenna PF 9:30-10:30 Jenna HY	6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF 4:30-5:45** Leslie A 6:15-7:30 Avital HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R	6:30-7:30 Jenny P 9:30-10:45 Michael VF 12:30-1:30 Rachel HVF 4:30-5:30 Jenn HF 6:00-7:00** Jenn Y	8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Nia PN 1:00-2:00 Jenny P 4:00-5:00 Roofia C
23	24	25	26	27	28	29
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R 6:00-7:00 Melissa HY	6:30-7:30 Katie VF 9:30-10:45 Katie HF 12:30-1:30 Katie HVF 4:30-5:45 Leslie A 6:15-7:30** Wenli HVF 8:00-9:00 David HY 9:30-10:30 David HF	6:30-7:30 Wenli VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y 4:30-5:45** Vanessa YY 6:15-7:15 Mia PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY	6:30-7:30 Mehran VF 9:30-10:45 Leslie HF 12:30-1:30 Jenna P 4:30-5:45 Kyle HY 6:15-7:30** Connie HF 8:00-9:00 Jenna PF 9:30-10:30 Jenna HY	6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF 4:30-5:45** Leslie A 6:15-7:30 Jenny HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R	6:30-7:30 Jennifer VF 9:30-10:45 Michael VF 12:30-1:30 Rachel HVF 4:30-5:30 Jenna HF 6:00-7:00** Jenna Y	8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Angela PN 1:00-2:00 Sandy P 4:00-5:00 Roofia C

HY - Hot Yoga(100 Degree)

HF - Hot Flow(100 Degree)

VF - Vinyasa Flow (90 Degree)

HVF - Hot Vinyasa Flow (95 Degree)

PF - Power Flow (95 Degree)

R - Restorative Yoga (85 Degree)

A - Ashtanga Flow(85 Degree)

YY - Yang Yin (95 Degree)

P - Pilates (90 Degree)

Y - Yin. Longer hold & Deeper stretch (85 Degree)

Y/R - Yin & Reiki therapy (85 Degree)

PN - Prenatal Yoga, NO HEAT.

