

HOT EXECUTIVE YOGA

August 2018

www.HotYogaWellnessWoodbridge.com

8301 Jane St, Concord L4K 5P3



www.facebook.com/executivehotyogawellnessvaughan

416.554.9704

"Occasionally there may be a change of Instructors"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	*Economy Class \$11 ** Community Class \$8		4:30-5:30 Jenna MX 6:00-7:15 Jenna Y 7:45-8:45 Tilda MX	9:30-10:30 Elena MX 12:00-1:00 Jen C VF 7:00-8:00 Tilda FF 8:30-9:30 Tilda FF	9:30-11:00 Jenn Y 12:00-1:00* Jenn HF 6:30-7:30* S/J/B MX 8:00-9:00** S/J/B FF	9:00-10:30 Jennifer MX 11:00-12:00* Eva VF
5	6 Civic Day	7	8	9	10	11
9:00-10:30 Quyen Y 11:00-12:00* Quyen MX	9:30-11:00 Jenn YM 12:00-1:00 Serena MX 6:00-7:00 CANCELLED 7:45-9:00 CANCELLED	9:30-11:00 Jennifer MX 12:00-1:00 Michelle MX 5:15-6:30* Serena A 7:00-8:00 Marie FF	4:30-5:30 Jenna MX 6:00-7:15 Jenna Y 7:45-8:45 Tilda MX	9:30-10:30 Elena MX 12:00-1:00 Jen C VF 7:00-8:00 Linda Y 8:30-9:30 Linda MX	9:30-11:00 Linda Y 12:00-1:00* Linda HF 6:30-7:30* S/J/B MX 8:00-9:00** S/J/B FF	9:00-10:30 Jennifer MX 11:00-12:00* Eva VF
12	13	14	15	16	17	18
9:00-10:30 Linda Y 11:00-12:00* Linda MX	9:30-11:00 Jenn YM 12:00-1:00 Serena MX 6:00-7:00 Linda HC 7:45-9:00 Linda Y	9:30-11:00 Jennifer MX 12:00-1:00 Michelle MX 5:15-6:30* Serena A 7:00-8:00 Marie FF	4:30-5:30 Jenna MX 6:00-7:15 Jenna Y 7:45-8:45 Tilda MX	9:30-10:30 Elena MX 12:00-1:00 Jen C PF 7:00-8:00 Linda FF 8:30-9:30 Linda FF	9:30-11:00 Linda Y 12:00-1:00* Linda HF 6:30-7:30* S/J/B MX 8:00-9:00** S/J/B FF	9:00-10:30 Jennifer MX 11:00-12:00* Eva VF
19	20	21	22	23	24	25
9:00-10:30 Linda Y 11:00-12:00* Linda MX	9:30-11:00 Jenn YM 12:00-1:00 Serena MX 6:00-7:00 Linda HC 7:45-9:00 Linda Y	9:30-11:00 Jennifer MX 12:00-1:00 Michelle MX 5:15-6:30* Serena A 7:00-8:00 Marie FF	4:30-5:30 Jenna MX 6:00-7:15 Jenna Y 7:45-8:45 Tilda MX	9:30-10:30 Elena MX 12:00-1:00 Jen C PF 7:00-8:00 Linda FF 8:30-9:30 Linda FF	9:30-11:00 Linda Y 12:00-1:00* Linda HF 6:30-7:30* S/J/B MX 8:00-9:00** S/J/B FF	9:00-10:30 Jennifer MX 11:00-12:00* Eva VF
26	27	28	29	30	31	
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All Levels (incl beginner): CF – Candlelight Flow FF – Foundation Flow HF - Hatha Flow YM – Yoga Meditation Y – Yin (Longer Hold, Deeper Stretch) MY-Mix Yin
Level 2 A – Ashtanga HC – Hot Core MX – Mixed Yoga PF – Power Flow VF – Vinyasa Flow RR -Reiki/Restorative*new*