

DECEMBER 2018 905.660.8880 1750 SteelesAveW (Dufferin & Steeles) "Occasionally there may be a change of Instructors"

~ ALL classes are "body temperature" and are Hot Yoga Wellness Foundation Series, unless otherwise stated ~ ~ * is 60 minute class. ** is 75 minute class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Dec	Dec31 New Year's Eve	New Year's Day			30-Nov	01-Dec
9:00 ** FF Vanessa 11:00 *E MX Vanessa 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Suzanna 12:00 *E MX Suzanna	9:30 **E FF Ruka 12:00 *E MX Ruka	FF - Foundation Flow MY - Mixed Yin Yoga PY - Power Yoga YF - Yoga Fitness MX - MixedYogaStyles HC - Hot Core VF - Vinyasa Flow	Enjoy the Peace of the Singing Bowls 6:45pm till 8:15pm every Thursday	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Pinar 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 * FF Khadija 6:30 *E MX Khadija
02-Dec	03-Dec	04-Dec	05-Dec	06-Dec	07-Dec	08-Dec
9:00 ** FF Vanessa 11:00 *E MX Tilda 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Alex 12:00 *E MX Tilda AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Kim 7:00 * YF Savina 8:30 * FF Savina	9:30 **E FF S/J/B 12:00 *E MX S/J/B 5:30 * FF May 7:00 * HC May 8:30 ** MY Judit	9:30 **E MY Jessica 12:00 *E FF Jessica Singing Bowls 6:45pm 5:30 * FF Sujun 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Pinar 7:00 *E MX Ruka 8:30 * FF Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 * FF Khadija 6:30 *E MX Khadija
09-Dec	10-Dec	11-Dec	12-Dec	13-Dec	14-Dec	15-Dec
9:00 ** FF Tilda 11:00 *E MX Tilda 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Ruka 12:00 *E MX Ruka AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * MX Kim 7:00 * YF Savina 8:30 * FF Savina	9:30 **E FF S/J/B 12:00 *E MX S/J/B 5:30 * FF May 7:00 * HC May 8:30 ** MY Judit	9:30 **E MY Jessica 12:00 *E FF Jessica Singing Bowls 6:45pm 5:30 * FF Sujun 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Pinar 7:00 *E MX Ruka 8:30 * FF Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 * FF Khadija 6:30 *E MX Khadija
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	21-Dec	22-Dec
9:00 ** FF Vanessa 11:00 *E MX Tilda 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Suzanna 12:00 *E MX Suzanna AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Kim 7:00 * YF Savina 8:30 * FF Savina	9:30 **E FF S/J/B 12:00 *E MX S/J/B 5:30 * FF May 7:00 * HC May 8:30 ** MY Judit	9:30 **E MY Jessica 12:00 *E FF Jessica Singing Bowls6:45pm 5:30 * FF Sujun 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Pinar 7:00 *E MX Ruka 8:30 * FF Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 * FF Khadija 6:30 *E MX Khadija
23-Dec	24-Dec Christmas Eve	Christmas Day	26-Dec	27-Dec	28-Dec	29-Dec
9:00 ** FF Vanessa 11:00 *E MX Vanessa 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Suzanna 12:00 *E MX Suzanna	9:30 **E FF Ruka 12:00 *E MX Ruka	9:30 **E FF S/J/B 12:00 *E MX S/J/B 7:00 * HC May 8:30 ** MY May	9:30 **E MY Jessica 12:00 *E FF Jessica Singing Bowls 6:45pm 5:30 * FF Sujun 7:00 * MX Kim 8:30 * FF Kim	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Pinar 7:00 *E MX Ruka 8:30 * FF Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 * FF Khadija 6:30 *E MX Khadija

~"E" are Economy @ \$11 or use your PLAN. ~ ~ Do Aerial! ~ ~ Enjoy the Healing Singing Bowls ~ ~ Check Top Left For Dec30 & 31