

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

1. All classes are "body temperature" and are Hot Yoga Wellness Foundation Series, unless otherwise stated 2. * 60 minute class. ** 75 minute class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Dec31 New Year's Eve	New Year's Day	2-Jan	3-Jan	4-Jan	5-Jan
FF - Foundation Flow MY - Mixed Yin Yoga PY - Power Yoga YF - Yoga Fitness MX - MixedYogaStyles HC - Hot Core VF - Vinyasa Flow	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 5:30 * FF May 7:00 * HC Linda 8:30 ** MY Linda	9:30 **E MY Pari 12:00 *E FF Singing Bowl 7pm 5:30 * FF Sujun 7:00 * MX Pari 8:30 * FF Pari	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Ruka 7:00 *E MX Ruka 8:30 * FF Pinar	9:00 ** FF Pari 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
9:00 ** FF Savina 11:00 *E MX Pinar 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 Pinar 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 Linda 8:30 ** MY Linda	9:30 **E MY Jessica 12:00 *E FF Jessica Singing Bowl 7pm 5:30 * FF Sujun 7:00 * MX Pari 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Ruka 7:00 *E MX Ruka 8:30 * FF Pinar	9:00 ** FF Pari 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
9:00 ** FF Tilda 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 * MX Pinar 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 Linda 8:30 ** MY Linda	9:30 **E MY Jessica 12:00 *E FF Jessica Singing Bowl 7pm 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 Ruka 7:00 *E MX Ruka 8:30 * FF Pinar	9:00 ** FF Pari 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
9:00 ** FF Tilda 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 Pinar 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 Linda 8:30 ** MY Linda	9:30 **E MY Jessica 12:00 *E FF Jessica Singing Bowl 7pm 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 Ruka 7:00 *E MX Ruka 8:30 * FF Pinar	9:00 ** FF Pari 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	
9:00 ** FF Savina 11:00 *E MX Pinar 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 Pinar 7:00 * YF Savina 8:30 * FF Savina	9:30 **E FF S/J/B 12:00 *E MX S/J/B 7:00 * HC Linda 8:30 ** MY Linda	9:30 **E MY Jessica 12:00 *E FF Jessica Singing Bowl 7pm 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 Ruka 7:00 *E MX Ruka 8:30 * FF Pinar	All "E" classes are \$11 or use your membership All Yoga Classes except aerial are in the "hot" room

"E" are Economy @ \$11 or use your PLAN. Birthday Party? Core strengthening? Aerial or Acro!!!! Check Top Left For Dec 31