

February 2019 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
			30-Jan	31-Jan	1-Feb	2-Feb
FF - Foundation Flow MY - Mixed Yin Yoga PY - Power Yoga YF - Yoga Fitness MX - MixedYogaStyles HC - Hot Core VF - Vinyasa Flow	All "E" classes are \$11 or use your membership All Yoga Classes except aerial are in the "hot" room	MEDITATION SINGING BOWLS ARE NowSATURDAY AT 10:45AM All Yoga Classes except aerial are in the "hot" room	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 Pari	9:30 **E MY Jessica 12:00 *E FF Jessica Singing Bowl-10:45 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 Pari 7:00 *E MX Ruka 8:30 * FF Ruka	9:00 ** FF Vanessa 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
3-Feb	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb
9:00 ** FF Savina 11:00 *E MX Savina 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 Jessica 12:00 *E MX Jessica 5:30 * FF Pinar 7:00 * YF Pinar 8:30 * FF Savina	9:30 **E FF Pari 12:00 *E MX Pari 5:30 * FF May 7:00 * HC Linda 8:30 ** MY Linda	9:30 **E MY S/J/B 12:00 *E FF S/J/B 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Tilda 7:00 *E MX Ruka 8:30 * FF Ruka	9:00 ** FF Vanessa 11:00 *E MX Pari SingingBowl-10:45 5:00 *E FF Khadija 6:30 *E MX Khadija
10-Feb	11-Feb	12-Feb	13-Feb	Happy Valentine	15-Feb	16-Feb
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 Jessica 12:00 *E MX Jessica 5:30 * FF Pinar 7:00 * YF Pinar 8:30 * FF Savina	9:30 **E FF Pari 12:00 *E MX Pari 5:30 * FF May 7:00 * HC Linda 8:30 ** MY Linda	9:30 **E MY S/J/B 12:00 *E FF S/J/B 5:30 * FF Pari 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	9:00 ** FF Vanessa 11:00 *E MX Pari Singing Bow-l10:45
17-Feb	Family Day	19-Feb	20-Feb	21-Feb	22-Feb	23-Feb
9:00 ** FF Savina 11:00 *E MX Savina	9:30 **E FF Suzanna 12:00 *E MX Suzanna 8:30 * FF S/J/B	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Pinar 7:00 * YF Pinar 8:30 * FF Savina	9:30 **E FF Pari 12:00 *E MX Pari 5:30 * FF May 7:00 * HC Linda 8:30 ** MY Linda	9:30 **E MY S/J/B 12:00 *E FF S/J/B 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Pari 7:00 *E MX Ruka 8:30 * FF Ruka	9:00 ** FF Vanessa 11:00 *E MX Pinar Singing Bowl-10:45 5:00 *E FF Khadija 6:30 *E MX Khadija
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar	
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 Jessica AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Pinar 7:00 * YF Pinar 8:30 * FF Savina	9:30 **E FF Tilda 12:00 *E MX S/J/B 5:30 FF May 7:00 * HC Linda 8:30 ** MY Linda	9:30 **E MY S/J/B 12:00 *E FF S/J/B 5:30 * FF Judit 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Suzanna 7:00 *E MX Ruka 8:30 * FF Ruka	

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