

March 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
31-Mar				28-Feb	1-Mar	2-Mar
9:00 ** FF Savina 11:00 *E MX Tilda 5:00 * FF Judit 6:30 **E MY Judit	FF - Foundation Flow MY - Mixed Yin Yoga PY - Power Yoga YF - Yoga Fitness MX - MixedYogaStyles HC - Hot Core VF - Vinyasa Flow	All Yoga Classes except aerial are in the "hot" room	Private Lessons Book Now Talk to Jacob or Text 647-801-4932	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 Vanessa 8:30 * FF Vanessa	9:00 ** FF Pinar 11:00 *E MX Pinar 5:00 *E FF Khadija 6:30 *E MX Khadija
3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar
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 Savina 7:00 * YF Savina 8:30 * FF Pinar	9:30 **E FF Tilda 12:00 *E MX Pari 5:30 * FF May 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B 5:30 * FF Pinar 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 Pari 8:30 * FF Vanessa	9:00 ** FF Pinar 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
10-Mar	11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
9:00 ** FF Savina 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 Kim 7:00 * MX S/J/B 8:30 * FF S/J/B	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Savina 8:30 * FF Pinar	9:30 **E FF Tilda 12:00 *E MX Pari 5:30 * FF May 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B 5:30 * FF Pinar 7:00 * MX Kim 8:30 * FF Kim	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Pari 7:00 *E MX Pari 8:30 * FF Vanessa	9:00 ** FF Pinar 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
St.Patrick's Day	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar
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 Kim 7:00 * MX S/J/B 8:30 * FF S/J/B	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Savina 8:30 * FF Pinar	9:30 **E FF Tilda 12:00 *E MX Pari 5:30 * FF May 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B 5:30 * FF Pinar 7:00 * MX Kim 8:30 * FF Kim	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Pari 7:00 *E MX Pari 8:30 * FF Vanessa	9:00 ** FF Pinar 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	30-Mar
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 Savina 7:00 * YF Savina 8:30 * FF Pinar	9:30 **E FF Tilda 12:00 *E MX Pari 5:30 * FF May 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B 5:30 * FF Pinar 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 Pari 8:30 * FF Vanessa	9:00 ** FF Pinar 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija

"E" are Economy @ \$11 or use your PLAN. Core strengthening? Aerial and most classes!!!! Singing Bowls moves to Kennedy Studio