

**June 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-Jun  | 1-July Canada Day   |  |   |  | 31-May   | 1-Jun   |
| 9:15 ** FF Ruka<br>11:00 *E MX Ruka<br><b>Kids Yoga 11-12pm</b><br>6:30 **E MY Judit                      | 9:30 **E FF Ruka<br>12:00 *E MX Ruka<br><b>Happy Canada Day</b><br>250hr Yoga Teacher training Jul15tillAug9          | <b>Kids Yoga</b><br><br><b>June 2nd-30th</b><br><b>Sundays 11am-12pm</b><br><b>\$50 for the 5 Sundays</b><br><b>\$13 for drop-in</b> | All "E" classes are \$11 or use your membership<br><br><b>All Yoga Classes</b><br><b>except aerial &amp; kids</b><br><b>are in the "hot" room</b> | FF - Foundation Flow<br>MY - Mixed Yin Yoga<br>YF - Yoga Fitness<br>MX - MixedYogaStyles<br>HC - Hot Core<br>VF - Vinyasa Flow | 9:30 **E FF Alex<br>12:00 *E VF Alex<br>5:30 * FF Ruka<br>7:00 *E MX Ruka<br>8:30 * FF Vanessa | 9:15 ** FF Pinar<br>11:00 *E MX Pinar<br>5:00 *E FF Khadija   |
| 2-Jun   | 3-Jun   | 4-Jun  | 5-Jun   | 6-Jun  | 7-Jun  | 8-Jun   |
| 9:15 ** FF Ruka<br>11:00 *E MX Tilda<br><b>Kids Yoga 11-12pm</b><br>5:00 * FF Judit<br>6:30 **E MY Judit  | 9:30 **E FF Pari<br>12:00 *E MX Pari<br><b>AerialYoga7-8pm</b><br>5:30 * FF Tilda<br>7:00 * MX Tilda<br>8:30 * FF May | 9:30 **E FF Jessica<br>12:00 *E MX Jessica<br>5:30 * FF Savina<br>7:00 * YF Savina<br>8:30 * FF Ruka                                 | 9:30 **E FF Suzanna<br>12:00 *E MX Suzanna<br>5:30 * FF Judit<br>7:00 * HC Pinar<br>8:30 ** MY Tilda  | 9:30 **E MY Pari<br>12:00 *E FF Pari<br>5:30 * FF Pinar<br>7:00 * MX Lina<br>8:30 * FF Lina                                    | 9:30 **E FF Alex<br>12:00 *E VF Alex<br>5:30 * FF Kim<br>7:00 *E MX Kim                        | 9:15 ** FF Vanessa<br>11:00 *E MX Pinar<br>5:00 *E FF Khadija |
| 9-Jun   | 10-Jun  | 11-Jun   | 12-Jun  | 13-Jun   | 14-Jun   | 15-Jun  |
| 9:15 ** FF Ruka<br>11:00 *E MX Tilda<br><b>Kids Yoga 11-12pm</b><br>5:00 * FF Judit<br>6:30 **E MY Judit  | 9:30 **E FF Ruka<br>12:00 *E MX Ruka<br><b>AerialYoga7-8pm</b><br>5:30 * FF Tilda<br>7:00 * MX Tilda<br>8:30 * FF May | 9:30 **E FF Jessica<br>12:00 *E MX Jessica<br>5:30 * FF Savina<br>7:00 * YF Savina<br>8:30 * FF Vanessa                              | 9:30 **E FF Ruka<br>12:00 *E MX Ruka<br>5:30 * FF Judit<br>7:00 * HC Cindy<br>8:30 ** MY Cindy  | 9:30 **E MY Jessica<br>12:00 *E FF Jessica<br>5:30 * FF Pinar<br>7:00 * MX Lina<br>8:30 * FF Lina                              | 9:30 **E FF Alex<br>12:00 *E VF Alex<br>5:30 * FF Kim<br>7:00 *E MX Kim                        | 9:15 ** FF Ruka<br>11:00 *E MX Ruka<br>5:00 *E FF Khadija     |
| 16-Jun  | 17-Jun  | 18-Jun   | 19-Jun  | 20-Jun   | 21-Jun   | 22-Jun  |
| 9:15 ** FF Ruka<br>11:00 *E MX Tilda<br><b>Kids Yoga 11-12pm</b><br>5:00 * FF Judit<br>6:30 **E MY Judit  | 9:30 **E FF Pari<br>12:00 *E MX Pari<br><b>AerialYoga7-8pm</b><br>5:30 * FF Tilda<br>7:00 * MX Tilda<br>8:30 * FF May | 9:30 **E FF Jessica<br>12:00 *E MX Jessica<br>5:30 * FF Savina<br>7:00 * YF Savina<br>8:30 * FF Ruka                                 | 9:30 **E FF Suzanna<br>12:00 *E MX Suzanna<br>5:30 * FF Judit<br>7:00 * HC Cindy<br>8:30 ** MY Cindy  | 9:30 **E MY Pari<br>12:00 *E FF Pari<br>5:30 * FF Pinar<br>7:00 * MX Lina<br>8:30 * FF Lina                                    | 9:30 **E FF Alex<br>12:00 *E VF Alex<br>5:30 * FF Kim<br>7:00 *E MX Kim                        | 9:15 ** FF Vanessa<br>11:00 *E MX Pari<br>5:00 *E FF Khadija  |
| 23-Jun  | 24-Jun  | 25-Jun   | 26-Jun  | 27-Jun   | 28-Jun   | 29-Jun  |
| 9:15 ** FF Tilda<br>11:00 *E MX Tilda<br><b>Kids Yoga 11-12pm</b><br>5:00 * FF Judit<br>6:30 **E MY Judit | 9:30 **E FF Ruka<br>12:00 *E MX Ruka<br><b>AerialYoga7-8pm</b><br>5:30 * FF Tilda<br>7:00 * MX Tilda<br>8:30 * FF May | 9:30 **E FF Jessica<br>12:00 *E MX Jessica<br>5:30 * FF Savina<br>7:00 * YF Savina<br>8:30 * FF Ruka                                 | 9:30 **E FF Suzanna<br>12:00 *E MX Suzanna<br>5:30 * FF Judit<br>7:00 * HC Cindy<br>8:30 ** MY Cindy  | 9:30 **E MY Tilda<br>12:00 *E FF Ruka<br>5:30 * FF Pinar<br>7:00 * MX Lina<br>8:30 * FF Lina                                   | 9:30 **E FF Alex<br>12:00 *E VF Alex<br>5:30 * FF Kim<br>7:00 *E MX Kim                        | 9:15 ** FF Vanessa<br>11:00 *E MX Pari<br>5:00 *E FF Khadija  |

"E" are Economy @ \$11 or use your PLAN. 250hr Yoga Teacher Training midJuly

See top left for June 30