

September 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	
1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	
9:30 ** FF Ruka 11:15 *E MX Ruka Kids Yoga 11:15am 6:30 **E MY Khadija	9:30 **E FF Ruka 12:00 *E MX Ruka AerialYoga7-8pm 7:00 * MX Tilda	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Emily 8:30 * FF Emily	9:30 **E FF Suzanna 12:00 *E MX Suzanna 5:30 * FF Judit 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Jessica 12:00 *E FF Jessica 5:30 * FF Pari 7:00 * MX Tilda 8:30 * FF Kim	9:30 **E FF Alex 12:00 *E VF Alex Beginner Ballet 7pm 5:30 * FF Kim 7:00 *E MX Kim	9:30 ** FF Vanessa 11:15 *E MX Vaness 5:00 *E FF Khadija Ask about SingingBowl your choice day & time	
8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	
9:30 ** FF Savina 11:15 *E MX Ruka Kids Yoga 11:15am 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 May	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Pinar 8:30 * FF Pinar	9:30 **E FF Suzanna 12:00 *E MX Suzanna Zumba 8pm 5:30 * FF Judit 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Jessica 12:00 *E FF MarieH 5:30 * FF Pari 7:00 * MX Tilda 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex Beginner Ballet 7pm 5:30 * FF Kim 7:00 *E MX Kim	9:30 ** FF Vanessa 11:15 *E MX Vaness 5:00 *E FF Khadija	
15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	
9:30 ** FF Savina 11:15 *E MX Ruka Kids Yoga 11:15am 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 May	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Emily 8:30 * FF Emily	9:30 **E FF Suzanna 12:00 *E MX Suzanna Zumba 8pm 5:30 * FF Judit 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Jessica 12:00 *E FF MarieH 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex Beginner Ballet 7pm 5:30 * FF Kim 7:00 *E MX Kim	9:30 ** FF Pari 11:15 *E MX Pari 5:00 *E FF Khadija	
22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	
9:30 ** FF Savina 11:15 *E MX Ruka Kids Yoga 11:15am 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 May	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Pinar 8:30 * FF Pinar	9:30 **E FF Suzanna 12:00 *E MX Suzanna Zumba 8pm 5:30 * FF Judit 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Jessica 12:00 *E FF MarieH SingBowl SPECIAL7pm 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex Beginner Ballet 7pm 5:30 * FF Kim 7:00 *E MX Kim	9:30 ** FF Pari 11:15 *E MX Pari 5:00 *E FF Khadija	
29-Sep	30-Sep	1-Oct				Singing Bowls	
9:30 ** FF Savina 11:15 *E MX Ruka Kids Yoga 11:15am 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 May	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Emily 8:30 * FF Emily	Dance Classes Ballet, Zumba Belly Dance call: 416-824-5311		FF - Foundation Flow MY - Mixed Yin Yoga YF - Yoga Fitness MX - MixedYogaStyles HC - Hot Core VF - Vinyasa Flow	Kids Yoga Sundays 11:15am \$50 for 5 Sundays \$13 for drop-in	Singing Bowls Therapy Session Your choice of day/time ~ One on One ~ Ask reception re rates

"E" are Economy @ \$11 or use your PLAN. Go to Website re SINGING BOWLS All DanceClasses are KEREN's Love2dance