

September [www.HotYogaWellnessConcord.com](http://www.HotYogaWellnessConcord.com) also ZOOM ([www.HotYogaWellnessKennedy.com](http://www.HotYogaWellnessKennedy.com) NOW OPEN)

1750 Steeles Ave W, Concord, text 647-801-4932  
[www.instagram.com / Hot\\_Yoga\\_Wellness\\_Concord](https://www.instagram.com/Hot_Yoga_Wellness_Concord)  
[www.facebook.com / HotYogaWellnessConcord](https://www.facebook.com/HotYogaWellnessConcord)  
 Need help?: Jacob 905-660-8880 or Susan Qiu 416-901-5788

This Schedule **WILL** change during the month so do check the website !!!!!!!

CB -Core Booty      AY - Aerial Yoga      MM - Moving Meditation  
 FF-Foundation Flow      MX - MixedFlow  
 MF-MixedFound.Flow      YF - Yoga Fitness      VF - Vinyasa Flow  
 HC - Hot Core      Y - Yin Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Aug	30-Aug	01-Sep	02-Sep	03-Sep	04-Sep	05-Sep
<div style="border: 1px solid blue; padding: 5px; margin-bottom: 5px;">ALL BLUE LETTERS ARE ZOOM Only</div> <div style="border: 1px solid red; padding: 5px; margin-top: 5px;">RED LETTERS ARE IN HOT ROOM AT STUDIO</div>	<div style="border: 1px solid green; padding: 5px; margin-bottom: 5px;">Kids Yoga 55 minutes 11 am Sundays pre book online</div>	<div style="border: 1px solid blue; padding: 5px; margin-bottom: 5px;">ZOOM ~ 5 perWeek ALL BLUE LETTERS</div>	<div style="border: 1px solid red; padding: 5px; margin-bottom: 5px;">HOT ROOM 17 Classes per Week and MORE soon</div>			
11:00 * FF Ruka 11:00 * Kids Judit 5:30 * FF Judit 7:00 ** Y Judit	9:30 * FF ZOOM 7:00 * AY Jacob 7:00 * FF Ruka 8:30 ** MM Ruka	7:00 * FF ZOOM 7:00 * YF May 8:30 * FF May	9:30 * FF ZOOM 12:00 ^ CB Jessica 7:00 * MX Kim 8:30 * FF Kim	7:00 * MX Lina 8:30 * FF Lina	9:30 * FF ZOOM 12:00 ^ VF Alex 7:00 * FF ZOOM 7:00 * MF Rob 8:30 * FF Rob	11:00 * FF Liliana 5:30 * FF Shakira
06-Sep	07-Sep	08-Sep	09-Sep	10-Sep	11-Sep	12-Sep
11:00 * FF Ruka 11:00 * Kids Judit 5:30 * FF Judit 7:00 ** Y Judit	9:30 * FF ZOOM 7:00 * AY Jacob 7:00 * FF Ruka 8:30 ** MM Ruka	7:00 * FF ZOOM 7:00 * YF May 8:30 * FF May	9:30 * FF ZOOM 12:00 ^ CB Jessica 7:00 * MX Kim 8:30 * FF Kim	7:00 * MX Lina 8:30 * FF Lina	9:30 * FF ZOOM 12:00 ^ VF Alex 7:00 * FF ZOOM 7:00 * MF Rob 8:30 * FF Rob	11:00 * FF Liliana 5:30 * FF Tania
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep
11:00 * FF Ruka 11:00 * Kids Judit 5:30 * FF Judit 7:00 ** Y Judit	9:30 * FF ZOOM 7:00 * AY Jacob 7:00 * FF Ruka 8:30 ** MM Ruka	7:00 * FF ZOOM 7:00 * YF May 8:30 * FF May	9:30 * FF ZOOM 12:00 ^ CB Jessica 7:00 * MX Kim 8:30 * FF Kim	7:00 * MX Khadija 8:30 * FF Lina	9:30 * FF ZOOM 12:00 ^ VF Alex 7:00 * FF ZOOM 7:00 * MF Rob 8:30 * FF Rob	11:00 * FF Liliana 5:30 * FF TBA
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep
11:00 * FF Ruka 11:00 * Kids Judit 5:30 * FF Judit 7:00 ** Y Judit	9:30 * FF ZOOM 7:00 * AY Jacob 7:00 * FF Ruka 8:30 ** MM Ruka	7:00 * FF ZOOM 7:00 * YF May 8:30 * FF May	9:30 * FF ZOOM 12:00 ^ CB Jessica 7:00 * MX Kim 8:30 * FF Kim	7:00 * MX Khadija 8:30 * FF Lina	9:30 * FF ZOOM 12:00 ^ VF Alex 7:00 * FF ZOOM 7:00 * MF Rob 8:30 * FF Rob	11:00 * FF Liliana 5:30 * FF Tania
27-Sep	28-Sep	29-Sep	30-Sep	01-Oct		
11:00 * FF Ruka 11:00 * Kids Judit 5:30 * FF Judit 7:00 ** Y Judit	9:30 * FF ZOOM 7:00 * AY Jacob 7:00 * FF Ruka 8:30 ** MM Ruka	7:00 * FF ZOOM 7:00 * YF May 8:30 * FF May	9:30 * FF ZOOM 12:00 ^ CB Jessica 7:00 * MX Kim 8:30 * FF Kim	7:00 * MX Lina 8:30 * FF Lina		<div style="border: 1px solid blue; padding: 10px; text-align: center;"> <b>ZOOM CLASSES</b>                          ALL BLUE LETTERS plus                          Tuesdays 8:30pm                     </div>

Occasionally and without notice there may be a change in teachers or classes      \*\* 75 minute class      \* 60mins      ^ 50min