

1750 Steeles Ave W, Concord, text 647-801-4932
 www.Instagram.com / Hot_Yoga_Wellness_Concord
 www.facebook.com / HotYogaWellnessConcord
 Need help?: Jacob 905-660-8880 or Susan Qiu 416-901-5788

This Schedule **MAY** change
 so do check the website !!!!!!!

VF-VinyasaFlow YF - Yoga Fitness HC - Hot Core
 CB -Core Booty MM - Moving Meditation
 FF-Found.Flow MX - MixedFlow
 MF-MixedFound.Flow Y - Yin Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
01-Nov	02-Nov	03-Nov	04-Nov	05-Nov	06-Nov	07-Nov	
		These are ALL CONCORD HOT STUDIO room Classes. For ZOOM Online Classes go to www.hotyogawellnesskennedy.com					11:15 * MM Elizabet 5:30 * FF Elizabet
08-Nov	09-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	
11:15 * MM Ruka 5:30 * FF Lina 7:00 * Y Lina	7:00 * FF Ruka 8:30 * MM Ruka	7:00 * YF May 8:30 * HC May	12:00 ^ CB Jessica 7:00 * MX Kim 8:30 * FF Kim	7:00 * MX Lina 8:30 * MX Lina	12:00 * VF Alex 7:00 * MF Rob 8:30 * MF Rob	11:15 * MM Liliana 5:30 * FF Elizabet	
15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov	21-Nov	
11:15 * MM Ruka 5:30 * FF Shakira 7:00 * Y Jen P	7:00 * FF Shakira 8:30 * FF Shakira	7:00 * YF May 8:30 * HC May	12:00 ^ CB Jessica 7:00 * MX Kim 8:30 * FF Kim	7:00 * MX Lina 8:30 * MX Lina	12:00 * VF Alex 5:30 * FF Sara 7:00 * MF Rob 8:30 * MF Rob	11:15 * MM Liliana 5:30 * FF Elizabet	
22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov	
11:15 * MM Ruka 5:30 * FF Shakira 7:00 * Y TBA	5:30 * FF TBA 7:00 * FF Ruka 8:30 * MM Ruka	5:30 * FF Fidan 7:00 * YF May 8:30 * HC May	11:15 ^ CB Jessica 5:30 * FF Bryann 7:00 * MX Kim 8:30 * FF Kim	5:30 * FF TBA 7:00 * MX Lina 8:30 * MX Lina	12:00 * VF Alex 5:30 * FF Sara 7:00 * MF Rob 8:30 * MF Rob	11:15 * MM Liliana 5:30 * FF Elizabet	
29-Nov	30-Nov	01-Dec					
11:15 * MM Ruka 5:30 * FF Shakira 7:00 * Y TBA	5:30 * FF TBA 7:00 * FF Ruka 8:30 * MM Ruka	5:30 * FF Fidan 7:00 * YF May 8:30 * HC May					

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