

Concord 905-660-8880
 1750Steeles Ave W., Concord, ON 416-901-5788
 Kennedy, 416-901-5788
 3241 Kennedy Road, Unit 7 Scarborough, ON

This Schedule May Change
 So do CHECK the Website

Y-YinYoga YF - Yoga Fitness HC-HotCore
 FF-FoundationFlow VF-VinyasaFlow
 CB -Core Booty MX - MixedFlow
 MM - Moving Meditation MF-MixFoundFlow

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Jan				31-Dec	HAPPY NEW YEAR	02-Jan
9:30 * MM Ruka 5:30 * FF Sara	<div style="border: 1px solid blue; padding: 5px;"> Seniors: for Caregivers& YogaTeachers Three Methods ToTeachYoga / Qigong to Seniors ~ Reclined ~ Chair ~ Upright ~ Jan 9 etc also 200hr Yoga Teacher Training - Jan29 etc </div>		<div style="border: 1px solid blue; padding: 5px;"> Happy New Year 2021 will be amazing! ***** </div>	9:30 * MF Susan 7:00 * MF Elizabeth	9:30 * FF Fidan 12:00 * VF Alex 7:00 * FF Bry	9:30 * VF Alex 5:30 * FF Shakira
03-Jan	04-Jan	05-Jan	06-Jan	07-Jan	08-Jan	09-Jan
9:30 * MM Ruka 5:30 * FF Sara	9:30 * FF Soq 12:00 * FF Fidan 7:00 * FF Sara	9:30 * FF Nada 7:00 * HC May	9:30 * FF Jen Ph 12:00 * FF Jen Ph 7:00 * FF JenPe	9:30 * MF Susan 7:00 * MX Lina	9:30 * FF Fidan 12:00 * VF Alex 7:00 * FF Bry	9:30 * VF Alex 5:30 * FF Shakira
10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
9:30 * MM Ruka 5:30 * FF Sara	9:30 * FF Soq 12:00 * FF Fidan 7:00 * FF Sara	9:30 * FF Nada 7:00 * HC May	9:30 * FF Jessica 12:00 * CB Jessica 7:00 * FF JenPe	9:30 * MF Susan 7:00 * MX Lina	9:30 * FF Fidan 12:00 * VF Alex 7:00 * FF Bry	9:30 * VF Alex 5:30 * FF Shakira
17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
9:30 * MM Ruka 5:30 * FF Sara	9:30 * FF Soq 12:00 * FF Fidan 7:00 * FF Sara	9:30 * FF Nada 7:00 * HC May	9:30 * FF Jessica 12:00 * CB Jessica 7:00 * FF JenPe	9:30 * MF Susan 7:00 * MX Lina	9:30 * FF Fidan 12:00 * VF Alex 7:00 * FF Bry	9:30 * VF Alex 5:30 * FF Shakira
24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
9:30 * MM Ruka 5:30 * FF Sara	9:30 * FF Soq 12:00 * FF Fidan 7:00 * FF Sara	9:30 * FF Nada 7:00 * HC May	9:30 * FF Jessica 12:00 * CB Jessica 7:00 * FF JenPe	9:30 * MF Susan 7:00 * MX Lina	9:30 * FF Fidan 12:00 * VF Alex 7:00 * FF Bry	9:30 * VF Alex 5:30 * FF Shakira

Occasionally and without notice there may be a change in teachers or classes -- ** 75 minute class -- * 60mins -- ^ 50min -- JANUARY 31 AT TOP LEFT

Kindly FORWARD & SHARE with all your friends & Social Media
 NEWCOMERS - for a FREE WEEK of YOGA (To register is \$10) please forward this to
 info@hotyogawellness.com or TEXT 647-801-4932