

**July16 - Aug 31 2021 HotYogaWellness.com /Concord ~~ check Colour Code re Classes at bottom of page ~~**

Concord 905-660-8880 or TEXT 647-801-4932  
 1750Steeles Ave W., Concord, ON 416-901-5788  
 Kennedy, 416-901-5788 or TEXT 647-801-4932  
 3241 Kennedy Road, Unit 7 Scarborough, ON

**This Schedule WILL CHANGE therefore  
 please check hotyogawellness.com  
 Studios**

HotRoomClasses are at  
 Concord. and at Kennedy.  
 Check Studios website

Y-YinYoga YF - Yoga Fitness HC-HotCore  
 FF-FoundationFlow VF-VinayaFlow  
 CB -Core Booty MX - MixedFlow  
 MY - MixedYin MF-MixFoundFlow

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div style="border: 1px solid blue; border-radius: 15px; padding: 10px; width: fit-content;">                     All Zoom Class Attendees will register and BOOK classes through Kennedy website.                 </div>						<b>16-Jul</b>	<b>17-Jul</b>
						12:00 * VF Alex	9:30 ** FF Nada
						7:00 * MF Elizabeth	5:30 * FF Amama
						8:30 * FF Elizabeth	
<b>18-Jul</b>	<b>19-Jul</b>	<b>20-Jul</b>	<b>21-Jul</b>	<b>22-Jul</b>	<b>23-Jul</b>	<b>24-Jul</b>	
9:30 ** MF Liliana *	12:00 * FF Alex	9:30 * FF Nada	12:00 * FF Jessica	9:30 * MY Liliana	12:00 * VF Alex	9:30 ** FF Nada	
5:30 * FF Amama		5:30 * FF Amama		5:30 * FF Sara		5:30 * FF Amama	
7:00 ** Y Khadija	7:00 * MF Elizabeth	7:00 * MF Shakira	7:00 * FF JenPe	7:00 * MX Shakira	7:00 * MF Elizabeth		
	8:30 * FF Elizabeth	8:30 * FF Shakira	8:30 * MF JenPe	8:30 FF Shakira	8:30 * FF Elizabeth		
<b>25-Jul</b>	<b>26-Jul</b>	<b>27-Jul</b>	<b>28-Jul</b>	<b>29-Jul</b>	<b>30-Jul</b>	<b>31-Jul</b>	
9:30 ** MF Liliana *	12:00 * FF Sara	9:30 * FF Nada	12:00 * FF Jessica	9:30 * MY Liliana	12:00 * VF Alex	9:30 ** FF Nada	
5:30 * FF Amama		5:30 * FF Amama		5:30 * FF Sara		5:30 * FF Shakira	
7:00 ** Y Khadija	7:00 * MF Shakira	7:00 * MF Rob	7:00 * FF JenPe	7:00 * MX Lina	7:00 * MF Rob		
	8:30 * FF Shakira	8:30 * FF Rob	8:30 * MF JenPe	8:30 FF Lina	8:30 * FF Rob		