

June Concord 2022 www.HotYogaWellness.com/CONCORD ~ "the Hot Room" In-studio Classes ~

1750 Steeles Ave W, Concord, ON L4K 2L7
905-660-8880 or TEXT 647-801-4932

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

YF - Yoga Fitness
FF-FoundationFlow
CB -Core Booty
MY - MixedYin

HC-HotCore
Y - YinYoga
MX - MixedFlow
MFF-MixFoundation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
9:30 ** FF Alta 11:15 * MX Michelle 5:30 * FF Khadija 7:00 ** Y Khadija	12:00 * MF Fidan 5:30 * MX Michelle 7:00 * MF Pinar 8:30 * FF Njambi	9:30 ** MX Mary * 5:30 * FF Sara 7:00 * MX Rob 8:30 * FF Rob	12:00 * FF Fidan 5:30 * MX May 7:00 * HC May 8:30 * MF Nada	9:30 ** FF Alta 5:30 * FF Nada 7:00 * MX Lina 8:30 * MF Lina	12:00 * MF Njambi 5:30 * FF Sara 7:00 * HC Mary	9:30 ** MX Mary 5:30 * MF Khadija
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun
9:30 ** MX Tilda 5:30 * MY Khadija	12:00 * MF Fidan 5:30 * MX Michelle 7:00 * MF Pinar 8:30 * FF Njambi	9:30 ** MX Alta 5:30 * FF Sara 7:00 * MX Rob 8:30 * FF Rob	12:00 * FF Fidan 5:30 * MX May 7:00 * HC May 8:30 * MF Nada	9:30 ** CB Jessica 5:30 * FF Nada 7:00 * MX Lina 8:30 * MF Lina	12:00 * MF Njambi 5:30 * FF Sara 7:00 * HC Mary	9:30 ** MX Mary 5:30 * MF Michelle
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun
9:30 ** MX Michelle 5:30 * MY Khadija	12:00 * MF Fidan 5:30 * MX Michelle 7:00 * MF Pinar 8:30 * FF Mary	9:30 ** MX Mary 5:30 * FF Sara 7:00 * MX Rob 8:30 * FF Rob	12:00 * FF Fidan 5:30 * MX May 7:00 * HC May 8:30 * MF Mary	9:30 ** CB Jessica 5:30 * FF Tilda 7:00 * MX Michelle 8:30 * MF Michelle	12:00 * MF Njambi 5:30 * FF Sara 7:00 * HC Mary	9:30 ** Mary 5:30 * MF Michelle
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
9:30 ** MX Pari 5:30 * MY Khadija	12:00 * MF Fidan 5:30 * MX Michelle 7:00 * MF Pinar 8:30 * FF Mary	9:30 ** MX Mary 5:30 * FF Sara 7:00 * MX Rob 8:30 * FF Rob	12:00 * FF Alyssa 5:30 * MX Pari 7:00 * HC May 8:30 * MF May	9:30 ** CB Jessica 5:30 * FF Nada 7:00 * MX Lina 8:30 * MF Lina	12:00 * MF Njambi 5:30 * FF Sara 7:00 * HC Mary	9:30 ** MX Mary 5:30 * MF Michelle
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun		
9:30 ** MX Pari 5:30 * MY Khadija	12:00 * MF Michelle 5:30 * MX Michelle 7:00 * MF Pinar 8:30 * FF Mary	9:30 ** MX Mary 5:30 * FF Sara 7:00 * MX Rob 8:30 * FF Rob	12:00 * FF Fidan 5:30 * MX Pari 7:00 * HC May 8:30 * MF May	9:30 ** CB Jessica 5:30 * FF Nada 7:00 * MX Lina 8:30 * MF Lina		

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

~ All Classes are in the InfraRed Heated Hot Room ~

info@hotyogawellness.com or TEXT 647-801-4932