

# January Concord 2025 [www.HotYogaWellness.com/Concord](http://www.HotYogaWellness.com/Concord) ~ All classes (Except Aerial) are in the InfraRed Heated "Hot Room"

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

AND Kennedy Studio located at  
 3241 Kennedy Rd, Scarborough

**This Schedule WILL CHANGE** therefore please check [www.hotyogawellness.com/Concord](http://www.hotyogawellness.com/Concord)

Coming Soon - Yuanqi Energy Life Force Healing Centre  
 Infrared Full Body Treatment as well as Sound Healing

FF - FoundationFlow    MX - MixedFlow  
 CB - Core Booty        MFF- MixedFoundat.Flow  
 MY - MixedYin         MF - Mixed.Flow  
 HC - HotCore

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1/1/2025 Happy New Year	2-Jan	3-Jan	4-Jan
	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>To BOOK YOUR CLASS: CLICK</b>  <a href="http://www.HotYogaWellnessConcord.com">www.HotYogaWellnessConcord.com</a> and slowly SCROLL down till you see the Day &amp; Date &amp; Time of your Choice of class and Click <b>BOOK NOW!!</b> </div>		12:00 * MF Steven 5:30 * FF Marv	12:00 * CB Marv 5:30 * FF Mike 7:00 * MF Steven 8:30 ** MY Steven	12:00 * MF Niambi 5:30 * FF Paris 7:00 ** MY Marv	9:30 ** MX Marv 11:15 * FF Steven
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
9:30 ** FF Ada 11:15 * MF Paris 5:30 ** MY Paris	12:00 * FF Ada 5:30 * FF Niambi 7:00 * MF Marv 8:30 * FF Marv	12:00 * FF Niambi 5:30 * FF Wenbo 7:00 * MX Rob 8:30 * MF Rob	12:00 * MF Paris 5:30 * FF Pari 7:00 * HC Mav 8:30 * MF Mav	12:00 * CB Marv 5:30 * FF Mike 7:00 * MF Steven 8:30 ** MY Steven	12:00 * MF Niambi 5:30 * FF Ada 7:00 ** MY Marv	9:30 ** MX Marv 11:15 * FF Steven <div style="border: 1px solid black; padding: 5px; text-align: center;">Team Building 1pm - 6pm</div>
12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
9:30 ** FF Ada 11:15 * MF Paris 5:30 ** MY Paris <div style="border: 1px solid black; padding: 2px; display: inline-block;">OPEN HOUSE</div>	12:00 * FF Ada 5:30 * FF Niambi 7:00 * MF Marv 8:30 * FF Marv	12:00 * FF Niambi 5:30 * FF Wenbo 7:00 * MX Rob 8:30 * MF Rob	12:00 * MF Paris 5:30 * FF Paris 7:00 * HC Mav 8:30 * MF Mav	12:00 * CB Marv 5:30 * FF Mike 7:00 * MF Steven 8:30 ** MY Steven	12:00 * MF Niambi 5:30 * FF Ada 7:00 ** MY Marv	9:30 ** MX Marv 11:15 * FF Steven
19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
9:30 ** FF Ada 11:15 * MF Paris 5:30 ** MY Paris	12:00 * FF Ada 5:30 * FF Niambi 7:00 * MF Marv 8:30 * FF Marv	12:00 * FF Niambi 5:30 * FF Wenbo 7:00 * MX Rob 8:30 * MF Rob	12:00 * MF Paris 5:30 * FF Paris 7:00 * HC Mav 8:30 * MF Mav	12:00 * CB Marv 5:30 * FF Mike 7:00 * MF Steven 8:30 ** MY Steven	12:00 * MF Niambi 5:30 * FF Paris 7:00 ** MY Marv	9:30 ** MX Marv 11:15 * FF Steven
26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	
9:30 ** FF Steven 11:15 * MF Paris 5:30 ** MY Paris	12:00 * FF Ada 5:30 * FF Niambi 7:00 * MF Marv 8:30 * FF Marv	12:00 * FF Niambi 5:30 * FF Wenbo 7:00 * MX Rob 8:30 * MF Rob	12:00 * MF Niambi 5:30 * FF Marv 7:00 * HC Mav 8:30 * MF Mav	12:00 * CB Marv 5:30 * FF Mike 7:00 * MF Steven 8:30 ** MY Steven	12:00 * MF Niambi 5:30 * FF Ada 7:00 ** MY Marv	

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

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