Dec. 2018 www.HotYogaWellnessKennedy.com 416.901.5788

MY–Mixed Yin Yoga HC-Hot Core MX–Mixed Yoga YWL-Yoga for Weight Loss VF-Vinyasa Flow FF-HYW Foudation Flow **Aerial Yoga: Friday 8:00pm - 9:00pm $20 DI/$150 10cc**

C – Community Class, $10 drop in or use your plan (Tax included), E – Economy Class, $15 drop in or use your plan (Tax included) **SBH: New Class: Singing Bowl Healing Relaxation**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Holiday Schedule 9:00 **C FF Jacinda 11:00 *E HC Jacinda 9:00 Kids Jenny 12:30 *C SBH Gavin 7:00 *C FF Guy *8:30* ** *MY* Susan	**31 New Year's Eve** 9:30 ** MX Jenny 12:00 *E FF Sujun 1:30 *C SBH Gavin	**1 Happy New Year** 9:30 ** MX Pari 12:00 *E FF Pari	OCCASIONALLY THERE MAY BE A CHANGE OF INSTRUCTORS	PLEASE NOTE: 1. All classes are "body temperature" and are Hot Yoga Wellness Foundation Series, unless otherwise stated. 2. All non-heated classes in italics. 3. * 60 minute class. ** 75 minute class.		**1** 9:00 **C MX Susan 11:00 *E FF May 7:00 *C FF Kim 8:30 ** MY Jenny
2 9:00 **C FF Jacinda 11:00 *E HC Jacinda 9:00 Kids Jenny 7:00 *C FF Liliana *8:30* ** *MY* Susan	**3** 9:30 ** MX Jenny 12:00 *E FF S/G 1:30 *C SBH Gavin 5:30 * FF May 7:00 * HC Danielle 8:30 * MX Danielle	**4** 9:30 ** MX Pari 12:00 *E FF Pari 5:30 * FF Jenny 7:00 * MX May 8:30 * FF May	**5** 9:30 ** MY Jenny 12:00 *E FF Nancy S 5:30 * FF Guy 7:00 * VF Susan 8:30 * MX Susan	**6** 9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy S 7:00 * HC Jacinda 8:30 ** MY Jacinda	**7** 9:30 ** MX Suzannah 12:00 *E FF Suzannah 8:00 Aerial 5:30 *C FF Susan 7:00 **E YWL Guy 8:30 *C MX Guy	**8** 9:00 **C MX Susan 11:00 *E FF May 7:00 *C FF Kim 8:30 ** MY Jenny
9 9:00 **C FF Jacinda 11:00 *E HC Jacinda 9:00 Kids Jenny 12:30 *C SBH Gavin 7:00 *C FF Liliana *8:30* ** *MY* Susan	**10** 9:30 ** MX Jenny 12:00 *E FF S/G 1:30 *C SBH Gavin 5:30 * FF May 7:00 * HC Danielle 8:30 * MX Danielle	**11** 9:30 ** MX Pari 12:00 *E FF Pari 5:30 * FF Jenny 7:00 * MX May 8:30 * FF May	**12** 9:30 ** MY Jenny 12:00 *E FF Nancy S 5:30 * FF Pari 7:00 * VF Susan 8:30 * MX Susan	**13** 9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy S 7:00 * HC Jacinda 8:30 ** MY Jacinda	**14** 9:30 ** MX Suzannah 12:00 *E FF Suzannah 8:00 Aerial 5:30 *C FF Susan 7:00 **E YWL Guy 8:30 *C MX Guy	**15** 9:00 **C MX Susan 11:00 *E FF May 7:00 *C FF Kim 8:30 ** MY Jenny
16 9:00 **C FF May 11:00 *E HC Guy 9:00 Kids Jenny 12:30 *C SBH Gavin 7:00 *C FF Liliana *8:30* ** *MY* Susan	**17** 9:30 ** MX Jenny 12:00 *E FF S/G 1:30 *C SBH Gavin 5:30 * FF May 7:00 * HC Danielle 8:30 * MX Danielle	**18** 9:30 ** MX Pari 12:00 *E FF Pari 5:30 * FF Jenny 7:00 * MX May 8:30 * FF May	**19** 9:30 ** MY Jenny 12:00 *E FF Nancy S 5:30 * FF Pari 7:00 * VF Susan 8:30 * MX Susan	**20** 9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy S 7:00 * HC Jacinda 8:30 ** MY Jacinda	**21 Holiday Schedule** 9:30 ** MX Suzannah 12:00 *E FF Suzannah 7:00 **E YWL Guy 8:30 *C MX Guy	**22 Holiday Schedule** 9:00 **C MX Susan 11:00 *E FF May 12:30 * SBH Gavin 7:00 *C FF Kim 8:30 ** MY Jenny
23 Holiday Schedule 9:00 **C FF May 11:00 *E HC Guy 9:00 Kids Jenny 12:30 *C SBH Gavin 7:00 *C FF Liliana *8:30* ** *MY* Susan	**24 Christmax Eve** 9:30 ** MX Jenny 12:00 *E FF Sujun 1:30 *C SBH Gavin	**25 Merry Xmas** 9:30 ** MX Pari 12:00 *E FF Pari	**26 Boxing Day** 12:00 *E FF Nancy S 7:00 * VF Susan 8:30 * MX Susan	**27Holiday Schedule** 9:30 ** MX Susan 12:00 *E FF Susan 7:00 * HC Jacinda 8:30 ** MY Jacinda	**28 Holiday Schedule** 9:30 ** MX Suzannah 12:00 *E FF Suzannah 7:00 **E YWL Guy 8:30 *C MX Guy	**29 Holiday Schedule** 9:00 **C MX Susan 11:00 *E FF May 7:00 *C FF Kim 8:30 ** MY Jenny