

**February 2019 416.901.5788 3241 KennedyRoadUnit 7 (Kennedy&McNicell) "Occasionally there may be a change of Instructors"**

1. All classes are "body temperature" and are Hot Yoga Wellness Foundation Series, unless otherwise stated 2. \* 60 minute class. \*\* 75 minute class.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										1-Feb		2-Feb	
FF - Foundation Flow MY - Mixed Yin Yoga YWL- Weight Loss Yoga YF - Yoga Fitness MX - MixedYogaStyle MF- MixFoundationFlow HC - Hot Core VF - Vinyasa Flow		IF - Inside flow SBH - Singing Bowl Healing AF - Aerial Foundation		Feb. 17 12:30 - 2:30 FREE Hyponosis Yoga/Singing Bowl Healing Workshop; Feb. 17 9:00-10:00 FREE Parent-Child Yoga; New Class: AF - Aerial Foundation \$10 for DropIn or use your plan excep 30day plan; IF - Inside Flow \$10 for DropIn or use your plan; Regular Aerial Yoga on Friday at 8:00 \$20 Dropin; SBH - Singing Bowl Healing \$10 for Dropin or use your plan;						9:30 ** MX Suzanna 12:00 *E FF Suzanna 5:30 * FF Susan 7:00 *C AF Gavin 7:00 **E YW May 8:00 Aerial 8:30 * MX May		9:00 ** VF Susan 11:00 *E FF May 5:30 *C FF Kim 7:00 * MF Kim 8:30 ** MY Jenny	
3-Feb		4-Feb		5-Feb		6-Feb		7-Feb		8-Feb		9-Feb	
9:00 * Kid:Jenny 9:00 ** FF Jacinda 11:00 *E HC Jacinda 11:00 *C AF Gavin 12:30 *C SBT Gavin 5:30 *C IF Sharon 7:00 * FF Vanessa 8:30 ** MY Susan		9:30 ** MX Jenny 12:00 *E MF Sujun 5:30 * FF May 7:00 * HC Danielle 8:30 * MX Danielle		6:30 *C MF Liliana 9:30 ** MX Pari 12:00 *E FF Pari 5:30 * FF Jenny No Classes. Heating Panel Maintanence		9:30 ** MY Jenny 12:00 *E FF Suzanna 5:30 * FF Pari 7:00 * VF Susan 8:30 * MX Susan		6:30 *C FF Liliana 9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Sujun 7:00 * HC Jacinda 8:30 ** MY Jacinda		9:30 ** MX Suzanna 12:00 *E FF Suzanna 5:30 * FF Susan 7:00 *C AF Gavin 7:00 **E YW Guy 8:00 Aerial 8:30 * MX Guy		9:00 ** VF Susan 11:00 *E FF May 5:30 *C FF Kim 7:00 * MF Kim 8:30 ** MY Jenny	
10-Feb		11-Feb		12-Feb		13-Feb		14-Feb		15 Feb Longweekend		16-Feb	
9:00 * Kid:Jenny 9:00 ** FF Jacinda 11:00 *E HC Jacinda 11:00 *C AF Gavin 12:30 *C SBT Gavin 5:30 *C IF Sharon 7:00 * FF Vanessa 8:30 ** MY Susan		9:30 ** MX Jenny 12:00 *E MF Sujun 5:30 * FF May 7:00 * HC Danielle 8:30 * MX Danielle		6:30 *C MF Liliana 9:30 ** MX Pari 12:00 *E FF Pari 5:30 *C AF Gavin 5:30 * FF Jenny 7:00 * YF May 8:30 * FF May		9:30 ** MY Jenny 12:00 *E FF Suzanna 5:30 * FF Pari 7:00 * VF Susan 8:30 ** MX Susan		6:30 *C FF Liliana 9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Sujun 7:00 * HC Jacinda 8:30 ** MY Jacinda		9:30 ** MX Suzanna 12:00 *E FF Suzanna 5:30 * FF Guy No 7:00/8:30 Class		9:00 ** VF Susan 11:00 *E FF May 5:30 *C FF Jenny No 7:00/8:30 Class	
17-Feb		18 Feb Family Day		19-Feb		20-Feb		21-Feb		22-Feb		23-Feb	
9:00Free ParentChild Yoga 9:00 ** FF Jacinda 11:00 *E HC Jacinda 12:30-2:30 FREE Hyponosis yoga/Singing Bowl Healing Workshop. No Evening Classes		9:30 ** MX Jenny 12:00 *E MF Sujun No Evening Classes		6:30 *C MF Liliana 9:30 ** MX Pari 12:00 *E FF Pari 5:30 *C AF Gavin 5:30 * FF Jenny 7:00 * FF May 8:30 * FF May		9:30 ** MY Jenny 12:00 *E FF Suzanna 5:30 * FF Pari 7:00 * VF Susan 8:30 ** MX Susan		6:30 *C FF Liliana 9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Sujun 7:00 * HC Jacinda 8:30 ** MY Jacinda		9:30 ** MX Jenny 12:00 *E FF Sujun 5:30 * FF Susan 7:00 *C AF Gavin 7:00 **E YW Guy 8:00 Aerial 8:30 * MX Guy		9:00 ** VF Susan 11:00 *E FF May 5:30 *C FF Kim 7:00 * MF Kim 8:30 ** MY Jenny	
24-Feb		25-Feb		26-Feb		27-Feb		28-Feb		"C" classes are \$10; "E" classes are \$16 or use your plan; All Yoga classes are in the "hot" room except Aerial Yoga, AF - Aerial Foundation; All Aerial Yoga will be pre-registered class			
9:00 * Kid:Jenny 9:00 ** FF Jacinda 11:00 *E HC Jacinda 11:00 *C AF Gavin 12:30 *C SBT Gavin 5:30 *C IF Sharon 7:00 * FF Vanessa 8:30 ** MY Susan		9:30 ** MX Jenny 12:00 *E MF Sujun 5:30 * FF May 7:00 * HC Danielle 8:30 * MX Danielle		6:30 *C MF Liliana 9:30 ** MX Susan 12:00 *E FF Susan 5:30 *C AF Gavin 5:30 * FF Jenny 7:00 * YF May 8:30 * FF May		9:30 ** MY Jenny 12:00 *E FF Sujun 5:30 * FF Guy 7:00 * VF Susan 8:30 * MX Susan		6:30 *C FF Liliana 9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Sujun 7:00 * HC Jacinda 8:30 ** MY Jacinda					