

March 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			
31-Mar										1-Mar		2-Mar			
9:00 *	Kid: Jenny	FF - Foundation Flow		VF - Vinyasa Flow		"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				9:30 **	MX Suzanna	9:00 **	VF Susan		
9:00 **	FF Jacinda	MY - Mixed Yin Yoga		SBH - Singing Bowl Healing				12:00 *E	FF Suzanna	12:00 *E	FF Suzanna	11:00 *E	FF May		
11:00 *E	HC Jacinda	YWL- Weight Loss Yoga						5:30 *	FF Susan	7:00 *C	AF Gavin	5:30 *C	FF Nancy		
11:00 *	AF Gavin	YF - Yoga Fitness		AF - Aerial Foundation				7:00 **E	YWI Guy	7:00 *	MF Jenny	7:00 *	MF Jenny		
12:30 *C	SBT Gavin	MX - MixedYogaStyle						8:30 *	MX Guy	8:30 *	MX Guy	8:30 **	MY Jenny		
5:30 *C	FF Vanessa	MF- MixFoundationFlow													
7:00 *	MF Kim	HC - Hot Core													
8:30 **	MY Susan														
3-Mar		4-Mar		5-Mar		6-Mar		7-Mar		8-Mar		9-Mar			
9:00 *	Kid: Jenny														
9:00 **	FF Liliana	9:30 **	MX Nancy	9:30 **	MX Suzanna	9:30 **	MY Jenny	9:30 **	MX Susan	9:30 **	MX Suzanna	9:00 **	VF Susan		
11:00 *E	HC Guy	12:00 *E	FF Nancy	12:00 *E	FF Suzanna	12:00 *E	FF Nancy	12:00 *E	FF Susan	12:00 *E	FF Suzanna	11:00 *E	FF May		
11:00 *	AF Gavin														
12:30 *C	SBT Gavin														
5:30 *C	FF Vanessa	5:30 *	FF May	5:30 *	AF Gavin	5:30 *	AF Gavin	5:30 *	FF Nancy	5:30 *	FF Susan	5:30 *C	FF Nancy		
7:00 *	MF Kim	7:00 *	HC Danielle	7:00 *	FF Jenny	7:00 *	FF Pari	7:00 *	HC May	7:00 **E	YWI Guy	7:00 *	MF Jenny		
8:30 **	MY Susan	8:30 *	MX Danielle	8:30 *	YF May	8:30 *	VF Susan	8:30 **	MY Jenny	8:30 *	MX Guy	8:30 **	MY Jenny		
10-Mar		11-Mar		12-Mar		13-Mar		14-Mar		15-Mar		16-Mar			
9:00 *	Kid: Jenny														
9:00 **	FF Liliana	9:30 **	MX Nancy	9:30 **	MX Pari	9:30 **	MY Jenny	9:30 **	MX Susan	9:30 **	MX Suzanna	9:00 **	VF Susan		
11:00 *E	HC Guy	12:00 *E	FF Nancy	12:00 *E	FF Pari	12:00 *E	FF Nancy	12:00 *E	FF Susan	12:00 *E	FF Suzanna	11:00 *E	FF Liliana		
11:00 *	AF Gavin														
12:30 *C	SBT Gavin														
5:30 *C	FF Vanessa	5:30 *	FF May	5:30 *	AF Gavin	5:30 *	AF Gavin	5:30 *	FF Nancy	5:30 *	FF Susan	5:30 *C	FF Nancy		
7:00 *	MF Kim	7:00 *	HC Guy	7:00 *	FF Jenny	7:00 *	FF Pari	7:00 *	HC Jacinda	7:00 **E	YWI Guy	7:00 *	MF Jenny		
8:30 **	MY Susan	8:30 *	MX Guy	8:30 *	YF May	8:30 *	VF Susan	8:30 **	MY Jacinda	8:30 *	MX Guy	8:30 **	MY Jenny		
17-Mar		18-Mar		19-Mar		20-Mar		21-Mar		22-Mar		23-Mar			
9:00 *	Kid: Jenny														
9:00 **	FF Jacinda	9:30 **	MX Nancy	9:30 **	MX Pari	9:30 **	MY Jenny	9:30 **	MX Susan	9:30 **	MX Suzanna	9:00 **	VF Susan		
11:00 *E	HC Jacinda	12:00 *E	FF Nancy	12:00 *E	FF Pari	12:00 *E	FF Nancy	12:00 *E	FF Susan	12:00 *E	FF Suzanna	11:00 *E	FF May		
11:00 *	AF Gavin														
12:30 *C	SBT Gavin														
5:30 *C	FF Vanessa	5:30 *	FF May	5:30 *	AF Gavin	5:30 *	AF Gavin	5:30 *	FF Nancy	5:30 *	FF Susan	5:30 *C	FF Nancy		
7:00 *	MF Kim	7:00 *	HC Danielle	7:00 *	FF Jenny	7:00 *	FF Pari	7:00 *	HC Jacinda	7:00 **E	YWI Guy	7:00 *	MF Jenny		
8:30 **	MY Susan	8:30 *	MX Danielle	8:30 *	YF May	8:30 *	VF Susan	8:30 **	MY Jacinda	8:30 *	MX Guy	8:30 **	MY Jenny		
24-Mar		25-Mar		26-Mar		27-Mar		28-Mar		29-Mar		30-Mar			
9:00 *	Kid: Jenny														
9:00 **	FF Jacinda	9:30 **	MX Nancy	9:30 **	MX Pari	9:30 **	MY Jenny	9:30 **	MX Susan	9:30 **	MX Suzanna	9:00 **	VF Susan		
11:00 *E	HC Jacinda	12:00 *E	FF Nancy	12:00 *E	FF Pari	12:00 *E	FF Nancy	12:00 *E	FF Susan	12:00 *E	FF Suzanna	11:00 *E	FF May		
11:00 *	AF Gavin														
12:30 *C	SBT Gavin														
5:30 *C	FF Vanessa	5:30 *	FF May	5:30 *	AF Gavin	5:30 *	AF Gavin	5:30 *	FF Nancy	5:30 *	FF Susan	5:30 *C	FF Nancy		
7:00 *	MF Kim	7:00 *	HC Danielle	7:00 *	FF Jenny	7:00 *	FF Pari	7:00 *	HC Jacinda	7:00 **E	YWI Guy	7:00 *	MF Jenny		
8:30 **	MY Susan	8:30 *	MX Danielle	8:30 *	YF May	8:30 *	VF Susan	8:30 **	MY Jacinda	8:30 *	MX Guy	8:30 **	MY Jenny		