

May 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
FF - Foundation Flow MY - Mixed Yin Yoga YWL- Weight Loss Yoga YF - Yoga Fitness MX - MixedYogaStyle MF- FoundationFlowMixed HC - Hot Core VF - Vinyasa Flow	AF - Aerial Foundation					
		May 25/26 Yin Yoga Workshop				
			01-May	02-May	03-May	04-May
			9:30 ** MY Jenny 12:00 *E FF Susan	9:30 ** MX Susan 12:00 *E FF Susan	9:30 ** MY Jenny 12:00 *E FF Suzanna	9:00 ** VF Susan 11:00 *E FF May
			5:30 * AF Gavin 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	5:30 * FF Jenny 7:00 * HC Jacinda 8:30 ** MY Jacinda	5:30 * FF Susan 7:00 * AF Susan 7:00 **E YW Guy 8:30 * MX Guy	7:00 * MF Kim 8:30 ** MY Jenny
05-May	06-May	07-May	08-May	09-May	10-May	11-May
9:00 * AF Susan 9:00 ** FF Jacinda 11:00 *E HC Jacinda	9:30 ** MX pari 12:00 *E FF Pari	9:30 ** MX Pari 12:00 *E FF Pari	9:30 ** MY Jenny 12:00 *E FF Susan	9:30 ** MX Susan 12:00 *E FF Susan	9:30 ** MY Jenny 12:00 *E FF Suzanna	9:00 ** VF Susan 11:00 *E FF May
7:00 * MF Susan 8:30 ** MY Susan	5:30 * FF Pari 7:00 * HC Danielle 8:30 * MX Danielle	5:30 * FF May 7:00 * YF May 8:30 * FF Jenny	5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	5:30 * FF Jenny 7:00 * HC Jacinda 8:30 ** MY Jacinda	5:30 * FF Susan 7:00 * AF Susan 7:00 **E YW Guy 8:30 * MX Guy	7:00 * MF Kim 8:30 ** MY Jenny
12-May	13-May	14-May	15-May	16-May	17-May	18-May
9:00 * AF Susan 9:00 ** FF Jacinda 11:00 *E HC Jacinda	9:30 ** MX Nancy 12:00 *E FF Nancy	9:30 ** MX Pari 12:00 *E FF Pari	9:30 ** MY Jenny 12:00 *E FF Nancy	9:30 ** MX Susan 12:00 *E FF Susan	9:30 ** MY Jenny 12:00 *E FF Suzanna	9:00 ** VF Susan 11:00 *E FF May
7:00 * MF Susan 8:30 ** MY Susan	5:30 * FF Pari 7:00 * HC Danielle 8:30 * MX Danielle	5:30 * AF Nancy 5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	5:30 * AF Nancy 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	5:30 * FF Susan	7:00 * MF Nancy
19-May	May 20 Victoria Day	21-May	22-May	23-May	24-May	25-May
9:00 ** FF Jacinda 11:00 *E HC Jacinda	9:30 ** MX Nancy 12:00 *E FF Nancy	9:30 ** MX Pari 12:00 *E FF Pari	9:30 ** MY Jenny 12:00 *E FF Nancy	9:30 ** MX Susan 12:00 *E FF Susan	9:30 ** MX Jenny 12:00 *E FF Suzanna	9:00 ** VF Susan 11:00 *E FF May
7:00 * MF Susan		5:30 ** AF Nancy 5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	5:30 * AF Nancy 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	5:30 * FF Susan 7:00 * AF Susan 7:00 **E YW Guy 8:30 * MX Guy	7:00 * MF Nancy 8:30 ** MY Jenny
26-May	27-May	28-May	29-May	30-May	31-May	"E" classes \$16; All Yoga classes are in the "hot" room except Aerial Yoga; Please pre-registered for Aerial yoga. Drop in for \$20 or use your plan except 30days plan.
9:00 * AF Susan 9:00 ** FF Jacinda 11:00 *E HC Jacinda	9:30 ** MX Nancy 12:00 *E FF Nancy	9:30 ** MX Pari 12:00 *E FF Pari	9:30 ** MY Jenny 12:00 *E FF Nancy	9:30 ** MX Susan 12:00 *E FF Susan	9:30 ** MX Jenny 12:00 *E FF Suzanna	
7:00 * MF Susan 8:30 ** MY Susan	5:30 * FF Pari 7:00 * HC Danielle 8:30 * MX Danielle	5:30 * AF Nancy 5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	5:30 * AF Nancy 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	5:30 * FF Susan 7:00 * AF Susan 7:00 **E YW Guy 8:30 * MX Guy	