

**April 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.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>1-Apr</b>	<b>2-Apr</b>	<b>3-Apr</b>	<b>4-Apr</b>	<b>5-Apr</b>	<b>6-Apr</b>
Good Friday: Apr. 19	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 Susan 12:00 *E FF Suzanna	9:00 ** VF Susan 11:00 *E FF May
Easter Sunday Apr.20		5:30 * AF Nancy	5:30 * AF Nancy		5:30 * FF Susan	
Easter Monday Apr.21	5:30 * FF Pari 7:00 * HC Danielle 8:30 * MX Danielle	5:30 * FF May 7:00 * YF May 8:30 * FF 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	7:00 * AF Susan 7:00 **E YW/Guy 8:30 * MX Guy	7:00 * MF Nancy 8:30 ** MY Jenny
<b>7-Apr</b>	<b>8-Apr</b>	<b>9-Apr</b>	<b>10-Apr</b>	<b>11-Apr</b>	<b>12-Apr</b>	<b>13-Apr</b>
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 Susan 12:00 *E FF Suzanna	9:00 ** VF Susan 11:00 *E FF May
		5:30 * AF Nancy	5:30 * AF Nancy		5:30 * FF Susan	
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 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	7:00 * AF Susan 7:00 **E YW/Guy 8:30 * MX Guy	7:00 * MF Nancy 8:30 ** MY Jenny
<b>14-Apr</b>	<b>15-Apr</b>	<b>16-Apr</b>	<b>17-Apr</b>	<b>18-Apr</b>	<b>19-Apr Good Friday</b>	<b>20-Apr</b>
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 Susan 12:00 *E FF Suzanna	9:00 ** VF Susan 11:00 *E FF May
		5:30 * AF Nancy	5:30 * AF Nancy		5:30 * FF Susan	
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 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	7:00 * AF Susan	7:00 * MF Nancy
<b>21-Apr. Easter Sunday</b>	<b>22-Apr. Easter Monday</b>	<b>23-Apr</b>	<b>24-Apr</b>	<b>25-Apr</b>	<b>26-Apr</b>	<b>27-Apr</b>
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 Susan 12:00 *E FF Suzanna	9:00 ** VF Susan 11:00 *E FF May
		5:30 ** AF Nancy	5:30 * AF Nancy		5:30 * FF Susan	
7:00 * MF Susan		5:30 * FF May 7:00 * YF May 8:30 * FF 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	7:00 * AF Susan 7:00 **E YW/Guy 8:30 * MX Guy	7:00 * MF Nancy 8:30 ** MY Jenny
<b>28-Apr</b>	<b>29-Apr</b>	<b>30-Apr</b>				
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	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	"E" classes are \$16 or use your plan; All Yoga classes are in the "hot" room except Aerial Yoga, All Aerial Yoga will be pre-registered class. Drop in for \$20 or use your plan except 30days plan.	
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				