

June 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
30-Jun	July 1 Canada Day	"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.	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		01-Jun
9:00 ** FF Jacinda 11:00 *E HC Jacinda	9:30 ** MY Nancy 12:00 *E FF Nancy			9:00 ** VF Susan 11:00 *E FF Guy		
7:00 * MF Susan	Happy Canada Day!!			Singing Bowl Workshop on June 15 & 16		7:00 * MF Nancy 8:30 ** MY Jenny
02-Jun	03-Jun	04-Jun	05-Jun	06-Jun	07-Jun	08-Jun
9:00 * AF Susan 9:00 ** FF Jacinda 11:00 *E HC Jacinda	9:30 ** MY 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 TBA	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 ** MY Danielle	5:30 * AF Nancy 5:30 * FF May 7:00 * YF May 8:30 * FF S/N	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 Sujun 7:00 ** YW Guy 8:30 * MX Guy	7:00 * MF Nancy 8:30 ** MY Jenny
09-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun
9:00 * AF Susan 9:00 ** FF Jacinda 11:00 *E HC Jacinda	9:30 ** MY 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 ** MY Danielle	5:30 * AF Nancy 5:30 * FF May 7:00 * YF May 8:30 * FF S/N	5:30 * AF Gavin 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 S/S 7:00 ** YW Guy 8:30 * MX Guy	7:00 * MF Nancy 8:30 ** MY Jenny
16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun
9:00 * AF Susan 9:00 ** FF Jacinda 11:00 *E HC Jacinda	9:30 ** MY 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 ** MY Danielle	5:30 ** AF Nancy 5:30 * FF May 7:00 * YF May 8:30 * FF S/N	5:30 * AF Gavin 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 S/S 7:00 ** YW Guy 8:30 * MX Guy	7:00 * MF Nancy 8:30 ** MY Jenny
23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun
9:00 * AF Susan 9:00 ** FF Jacinda 11:00 *E HC Jacinda	9:30 ** MY 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 ** MY Danielle	5:30 * AF Nancy 5:30 * FF May 7:00 * YF May 8:30 * FF S/N	5:30 * AF Gavin 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 S/S	7:00 * MF Nancy