

Sept. 2019 416.901.5788 3241 KennedyRoadUnit 7 (Kennedy&McNicoll) "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
<b>1-Sep</b>	<b>Labour Day</b>	<b>3-Sep</b>	<b>4-Sep</b>	<b>5-Sep</b>	<b>6-Sep</b>	<b>7-Sep</b>
9:00 ** FF Guy 11:00 *E HC Guy  8:30 ** MY Susan	9:30 ** MX Susan 12:00 *E FF Susan	6:30 * QY Sujun 9:30 ** MX Pari 12:00 *E FF Pari  5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	6:30 * QY Sujun 9:30 ** MY Jenny 12:00 *E FF Nancy  5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	6:30 * SM Homer 9:30 ** MX Susan 12:00 *E FF Susan  5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	6:30 * QY Sujun 9:30 ** MY Jenny 12:00 *E FF Suzanna  5:30 * FF Susan 7:00 ** YW/Guy 8:30 * MX Guy	9:00 ** VF Susan 11:00 *E FF May  7:00 * MF Nancy
<b>8-Sep</b>	<b>9-Sep</b>	<b>10-Sep</b>	<b>11-Aug</b>	<b>12-Sep</b>	<b>13-Sep</b>	<b>14-Sep</b>
9:00 * Kid: Jenny 9:00 ** FF Jacinda 11:00 *E HC Jacinda  8:30 ** MY Susan	6:30 * QY Sujun 9:30 ** MX Nancy 12:00 *E FF Nancy  5:30 * FF Pari 7:00 * HC Danielle 8:30 * MF Danielle	6:30 * QY Sujun 9:30 ** MX Pari 12:00 *E FF Pari  5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	6:30 * QY Sujun 9:30 ** MY Jenny 12:00 *E FF Nancy  5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	6:30 * SM Homer 9:30 ** MX Susan 12:00 *E FF Susan  5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	6:30 * QY Sujun 9:30 ** MY Jenny 12:00 *E FF Suzanna  5:30 * FF Susan 7:00 ** YW/Guy 8:30 * MX Guy	9:00 ** VF Susan 11:00 *E FF May  7:00 * MF Nancy
<b>15-Sep</b>	<b>16-Sep</b>	<b>17-Sep</b>	<b>18-Sep</b>	<b>19-Sep</b>	<b>20-Sep</b>	<b>21-Sep</b>
9:00 * Kid: Jenny 9:00 ** FF Jacinda 11:00 *E HC Jacinda  8:30 ** MY Susan	6:30 * QY Sujun 9:30 ** MX Nancy 12:00 *E FF Nancy  5:30 * FF Pari 7:00 * HC Danielle 8:30 * MF Danielle	6:30 * QY Sujun 9:30 ** MX Pari 12:00 *E FF Pari  5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	6:30 * QY Sujun 9:30 ** MY Jenny 12:00 *E FF Nancy  5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	6:30 * SM Homer 9:30 ** MX Susan 12:00 *E FF Susan  5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	6:30 * QY Sujun 9:30 ** MY Jenny 12:00 *E FF Suzanna  5:30 * FF Susan 7:00 ** YW/Guy 8:30 * MX Guy	9:00 ** VF Susan 11:00 *E FF May  7:00 * MF Nancy
<b>22-Sep</b>	<b>23-Sep</b>	<b>24-Sep</b>	<b>25-Sep</b>	<b>26-Sep</b>	<b>27-Sep</b>	<b>28-Sep</b>
9:00 * Kid: Jenny 9:00 ** FF Jacinda 11:00 *E HC Jacinda  8:30 ** MY Susan	6:30 * QY Sujun 9:30 ** MX Nancy 12:00 *E FF Nancy  5:30 * FF Pari 7:00 * HC Danielle 8:30 * MF Danielle	6:30 * QY Sujun 9:30 ** MX Pari 12:00 *E FF Pari  5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	6:30 * QY Sujun 9:30 ** MY Jenny 12:00 *E FF Nancy  5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	6:30 * SM Homer 9:30 ** MX Susan 12:00 *E FF Susan  5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	6:30 * QY Sujun 9:30 ** MY Jenny 12:00 *E FF Suzanna  5:30 * FF Susan 7:00 ** YW/Guy 8:30 * MX Guy	9:00 ** VF Susan 11:00 *E FF May  7:00 * MF Nancy
<b>29-Sep</b>	<b>30-Sep</b>	"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. QiGong Yoga \$10 DropIn/10cc \$70; Standing Meditation Free		FF - Foundation Flow MY - Mixed Yin Yoga YWL- Weight Loss Yoga YF - Yoga Fitness MX - MixedYogaStyle MF- FoundationFlowMixed HC - Hot Core VF - Vinyasa Flow		
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