

Jan. 2020 416.901.5788 3241 Kennedy Road Unit 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.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
"E" classes \$16/otherwise \$20 dropin; All classes are in the "hot" room except Aerial Yoga; Non heated yoga \$10 or use your plan	FF - Foundation Flow MY - Mixed Yin Yoga YWL- Weight Loss Yoga YF - Yoga Fitness MX - Mixed Yoga Style MF- Foundation Flow Mixed HC - Hot Core VF - Vinyasa Flow KIDS - Kids Yoga	QY-QiGong Yoga QY is Free for Member. Non member \$10 <i>New Class: Jan. 8 start 8:30am on Wed/Fri non heated yoga.</i>	Jan. 1 New Year	2-Jan	3-Jan	4-Jan
9:00 ** MF Jacinda 11:00 *E HC Jacinda 7:00 * MF Susan 8:30 ** MY Susan	9:30 ** MX Nancy 12:00 *E FF Nancy 5:30 * FF Pari 7:00 * HC Danielle 8:30 * MF Danielle	9:30 ** MY Jenny 12:00 *E FF Rob 5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	9:30 ** MX Pari 12:00 *E FF Pari 12:00 * QY Sujun 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	9:30 ** MY Jenny 12:00 *E FF Suzanna 5:30 * FF Susan 7:00 ** YW/Guy 7:00 * AY Gavin 8:30 * MX Guy	9:00 ** VF Susan 11:00 *E FF May 7:00 * MF Nancy 8:30 ** MY Jenny
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
9:00 ** MF Jacinda 11:00 *E HC Jacinda 7:00 * MF Susan 8:30 ** MY Susan	9:30 ** MX Nancy 12:00 *E FF Nancy 5:30 * FF Pari 7:00 * HC Danielle 8:30 * MF Danielle	9:30 ** MY Jenny 12:00 *E FF Rob 5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	9:30 ** MX Pari 12:00 *E FF Pari 12:00 * QY Sujun 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	9:30 ** MY Jenny 12:00 *E FF Suzanna 5:30 * FF Susan 7:00 ** YW/Guy 7:00 * AY Gavin 8:30 * MX Guy	9:00 ** VF Susan 11:00 *E FF May 7:00 * MF Nancy 8:30 ** MY Jenny
12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
9:00 * Kid: Jenny 9:00 ** MF Jacinda 11:00 *E HC Jacinda 7:00 * MF Susan 8:30 ** MY Susan	9:30 ** MX Nancy 12:00 *E FF Nancy 5:30 * FF Pari 7:00 * HC Danielle 8:30 * MF Danielle	9:30 ** MY Jenny 12:00 *E FF Rob 5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	9:30 ** MX Pari 12:00 *E FF Pari 12:00 * QY Sujun 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	9:30 ** MY Jenny 12:00 *E FF Suzanna 5:30 * FF Susan 7:00 ** YW/Guy 7:00 * AY Gavin 8:30 * MX Guy	9:00 ** VF Susan 11:00 *E FF May 7:00 * MF Nancy 8:30 ** MY Jenny
19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
9:00 * Kid: Jenny 9:00 ** MF Jacinda 11:00 *E HC Jacinda 7:00 * MF Susan 8:30 ** MY Susan	9:30 ** MX Nancy 12:00 *E FF Nancy 5:30 * FF Pari 7:00 * HC Danielle 8:30 * MF Danielle	9:30 ** MY Jenny 12:00 *E FF Rob 5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	9:30 ** MX Pari 12:00 *E FF Pari 12:00 * QY Sujun 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	9:30 ** MY Jenny 12:00 *E FF Suzanna 5:30 * FF Susan 7:00 ** YW/Guy 7:00 * AY Gavin 8:30 * MX Guy	9:00 ** VF Susan 11:00 *E FF May 7:00 * MF Nancy 8:30 ** MY Jenny
26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	Aerial Yoga On Friday at 7pm. \$10 for members. \$20 non-members. Preregistration required
9:00 * Kid: Jenny 9:00 ** MF Jacinda 11:00 *E HC Jacinda 7:00 * MF Susan 8:30 ** MY Susan	9:30 ** MX Nancy 12:00 *E FF Nancy 5:30 * FF Pari 7:00 * HC Danielle 8:30 * MF Danielle	9:30 ** MY Jenny 12:00 *E FF Rob 5:30 * FF May 7:00 * YF May 8:30 * FF Nancy	9:30 ** MX Pari 12:00 *E FF Pari 12:00 * QY Sujun 5:30 * FF May 7:00 * VF Susan 8:30 * MX Susan	9:30 ** MX Susan 12:00 *E FF Susan 5:30 * FF Nancy 7:00 * HC Jacinda 8:30 ** MY Jacinda	9:30 ** MY Jenny 12:00 *E FF Suzanna 5:30 * FF Susan 7:00 ** YW/Guy 7:00 * AY Gavin 8:30 * MX Guy	