

August KENNEDY 2022 www.HotYogaWellness.com/KENNEDY ~ "the Hot Room" In-studio Classes ~

Kennedy, 416-901-5788 or TEXT 647-801-4932
 3241 Kennedy Road, Unit 7 Scarborough, ON
 Concord 905-660-8880 or TEXT 647-801-4932
 1750Steeles Ave W., Concord, ON

This Schedule WILL CHANGE
 therefore please check
www.hotyogawellness.com Studios

AERIAL YOGA
 AY-Aerial Yoga

HOT ROOM CLASSES IN THE STUDIO
 FF - FoundationFlow VF - VinyasaFlow
 MY - MixedYin MX - MixedFlow
 HC - HotCore MF -MixedFound

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug
Please FORWARD & SHARE with all your friends & Social Media	9:30 ** FF Susan	12:00 * FF Tilda 5:30 * MX May	9:30 ** MFI Soq	12:00 * FF Tilda	9:30 ** FF Suzann	9:30 ** VF Susan
	5:30 FF Tilda	7:00 * HC May	5:30 * FF Elizabeth	5:30 * FF Elizabeth	5:30 * MFF Susan	5:30 * FF Linna
	7:00 * FF Tilda	8:30 * FF Vanessa 7:00 * AY Cherry	7:00 * MX Susan 8:30 * FF Susan	7:00 * MF Jacinda 8:30 * FF Vanessa	7:00 ** FF Linna	
7-Aug	8-Aug	9-Aug	###	###	###	###
9:30 ** MY May	9:30 ** FF Susan	12:00 * FF Tilda 5:30 * MX May	9:30 ** MFI Soq	12:00 * FF Tilda	9:30 ** FF Suzann	9:30 ** VF Susan
5:30 * FF Linna	5:30 * FF Sameer 7:00 * FF Tilda 8:30 * MY Tilda	7:00 * HC May 8:30 * FF Vanessa 7:00 * AY Ampee	5:30 * FF Elizabeth 7:00 * MX Susan 8:30 * FF Susan	5:30 * FF Elizabeth 7:00 * MF Jacinda 8:30 * FF Linna	5:30 * MFF Susan 7:00 ** FF Linna	5:30 * FF Linna
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5:30 * FF Mary	5:30 * FF Sameer 7:00 * FF Tilda 8:30 * MY Tilda	7:00 * HC May 8:30 * FF Linna 7:00 * AY Cherry	5:30 * FF Elizabeth 7:00 * MX Susan 8:30 * FF Susan	5:30 * MFI Jacinda 7:00 * MF Jacinda 8:30 * FF Alyssa	5:30 * MFI Susan 7:00 ** FF Alyssa	5:30 * FF Linna
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
9:30 ** MY May	9:30 ** FF Susan	12:00 * FF Alyssa 5:30 * MX May	9:30 ** MFI Soq	12:00 * FF Alyssa	9:30 ** FF Suzann	9:30 ** VF Susan
5:30 * FF Linna	5:30 * FF Sameer 7:00 * FF Sameer 8:30 * PF Linna	7:00 * HC May 8:30 * FF Linna 7:00 * AY Ampee	5:30 * FF Alyssa 7:00 * MX Susan 8:30 * FF Susan	5:30 * MFI Jacinda 7:00 * MF Jacinda 8:30 * FF Alyssa	5:30 * MFI Susan 7:00 ** FF Linna	5:30 * FF Linna
28-Aug	29-Aug	30-Aug	31-Aug	200hr Yoga Teacher Training - English 200hr Yoga Teacher Training - Mandarin Register NOW - Both will START Sep 11 SunMorning On-Line plus Wed & Fri eves at studio		
9:30 ** MY May	9:30 ** FF Susan	12:00 * FF Susan 5:30 * MX Jacinda	9:30 ** MFI Soq			
5:30 * FF Linna	5:30 FF Sameer 7:00 * FF Sameer 8:30 * MY Linna	7:00 * HC Jacinda 8:30 * FF Vanessa 7:00 * AY Ampee	5:30 * FF Elizabeth 7:00 * MX Susan 8:30 * FF Susan			

Occasionally and without notice there may be a change in teachers or classes ** 75 minute class * 60mins ~ ~

~ All Classes are in the InfraRed Heated Hot Room (except Aerial Yoga) ~
info@hotyogawellness.com or TEXT 647-801-4932