

November 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
Kids 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-Nov	2-Nov	3-Nov	4-Nov	5-Nov
		9:30 ** CB Jessica 12:00 * MFi Tilda 5:30 * MX May 7:00 * HC May 8:30 * FF Alyssa 7:00 * AY Connie	9:30 ** MFi Soq 12:00 * FF Soq 5:30 * FF Guy 7:00 * MX Susan 8:30 * FF Susan	9:30 ** MFi Soq 12:00 * FF Tilda 5:30 * FF Jacinda 7:00 * MF Jacinda 8:30 * FF Vanessa	9:30 ** FF Suzanna 5:30 * MFi Susan 7:00 ** FF Linna	9:30 ** VF Susan 11:15 * FF Susan 5:30 * FF Linna
6-Nov	7-Nov	8-Nov	9-Nov	###	###	###
9:30 ** MY May 11:15 * MF May 11:15 Kid: Amama 5:30 * FF Linna	9:30 ** FF Susan 12:00 * FF Suzanna 5:30 * FF Sameer 7:00 * FF Tilda 8:30 MY Tilda	9:30 ** CB Jessica 12:00 * MFi Tilda 5:30 * MX May 7:00 * HC May 8:30 * FF Alyssa 7:00 * AY Cherry	9:30 ** MFi Soq 12:00 * FF Soq 5:30 * FF Guy 7:00 * MX Susan 8:30 * FF Susan	9:30 ** MFi Soq 12:00 * FF Tilda 5:30 * FF Jacinda 7:00 * MF Jacinda 8:30 * FF Vanessa	9:30 ** FF Suzanna 5:30 * MFi Susan 7:00 ** FF Linna	9:30 ** VF Susan 11:15 * FF Susan 5:30 * FF Jessica
###	###	###	###	###	###	###
9:30 ** MY May 11:15 * MF May 11:15 Kid: Amama 5:30 * FF Jessica	9:30 ** FF Susan 12:00 * FF Suzanna 5:30 * FF Sameer 7:00 * FF Tilda 8:30 MY Tilda	9:30 ** CB Jessica 12:00 * MFi Tilda 5:30 * MX May 7:00 * HC May 8:30 * FF Alyssa 7:00 * AY Ampee	9:30 ** MFi Soq 12:00 * FF Soq 5:30 * FF Guy 7:00 * MX Susan 8:30 * FF Susan	9:30 ** MFi Soq 12:00 * FF Tilda 5:30 * FF Jacinda 7:00 * MF Jacinda 8:30 * FF Vanessa	9:30 ** FF Suzanna 5:30 * MFi Susan 7:00 ** FF Linna	9:30 ** VF Susan 11:15 * FF Susan 5:30 * FF Linna
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
9:30 ** MY May 11:15 * MF May 11:15 Kid: Amama 5:30 * FF Linna	9:30 ** FF Susan 12:00 * FF Suzanna 5:30 * FF Sameer 7:00 * FF Sameer 8:30 * MY Jessica	9:30 ** CB Jessica 12:00 * MFi Jessica 5:30 * MX May 7:00 * HC May 8:30 * FF Alyssa 7:00 * AY Cherry	9:30 ** MFi Soq 12:00 * FF Soq 5:30 * FF Guy 7:00 * MX Susan 8:30 * FF Susan	9:30 ** MFi Soq 12:00 * FF Soq 5:30 * FF Jacinda 7:00 * MF Jacinda 8:30 * FF Vanessa	9:30 ** FF Suzanna 5:30 * MFi Susan 7:00 ** FF Linna	9:30 ** VF Susan 11:15 * FF Susan 5:30 * FF Linna
27-Nov	28-Nov	29-Nov	30-Nov			
9:30 ** MY May 11:15 * MF May 11:15 Kid: Amama 5:30 * FF Jessica	9:30 ** FF Susan 12:00 * FF Suzanna 5:30 * FF Sameer 7:00 * FF Tilda 8:30 * MY Tilda	9:30 ** CB Jessica 12:00 * MFi Tilda 5:30 * MX May 7:00 * HC May 8:30 * FF Alyssa 7:00 * AY Cherry	9:30 ** MFi Soq 12:00 * FF Soq 5:30 * FF Guy 7:00 * MX Susan 8:30 * FF Susan	<p>TO BOOK your class go to the actual website www.hotyogawellnessKennedy.com and slowly SCROLL down till you see the Day & Date & Time of your Choice of class and Press BOOK NOW!!</p>		

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