

March Kennedy 2026 www.HotYogaWellness.com/Kennedy ~~ All hot yoga classes are in the InfraRed Heated "Hot Room"

Kennedy, 416-901-5788 (or TEXT 289-880-0989)
3241 Kennedy Road, Unit 7 Scarborough, ON

Other Studio:
Concord Studio 905-660-8880
1750Steeles Ave W., Concord, ON

NEW!!
Aerial Pilates
Tue & Wed 5:30 pm - 6:30 pm
Aerial Yoga
Beginner marked in
All Level marked in
\$35 or \$12 surcharge

- FF - FoundationFlow
- CB -Core Booty
- MY - MixedYin
- AY - Aerial Yoga
- EF- Energizing Flow: Breath & Alignment
- HC - HotCore
- MX - MixedFlow
- MF-MixedFoundationFlow
- WLY - Weight Loss Yoga
- MYF - MixedYin with FoundationF

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar	7-Mar
9:30 ** MY May 11:15 MX May	9:30 ** FF Susan 12:00 * FF Fiona 5:30 * FF Corrianne 6:30 * AY Thomas	9:30 ** MFF Soq 12:00 * FF Soq 5:30 * MX May 5:30 * AY Ampee	9:30 ** EF Sandy 12:00 * FF Fiona 5:30 * MF Guy 5:30 * AY Wenbo	9:30 ** MF Soq 12:00 * FF Soq 5:30 * MFF Jacinda 7:00 * CB Wenbo	9:30 ** MYF Suzannah 12:00 * FF Suzannah 5:30 * MF Sujun 7:00 * AY Grace	9:30 ** VF Susan 11:15 MFF Fiona
3:00 * AY Thomas 5:30 * FF Suzannah	7:00 * MF Corrianne 8:30 * MY Sandy	7:00 * HC May 7:00 * AY Ampee 8:30 * FF Sandy	7:00 * WL\Guy 7:00 * AY Wenbo 8:30 * FF Wenbo	7:15 * AY Thomas 8:30 * FF Wenbo	7:00 * MY Sujun	5:30 * FF Corrianne
8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar
9:30 ** MY May 11:15 MX May	9:30 ** FF Susan 12:00 * FF Fiona 5:30 * FF Corrianne 6:30 * AY Thomas	9:30 ** MFF Soq 12:00 * FF Soq 5:30 * MX May 5:30 * AY Wenbo	9:30 ** EF Sandy 12:00 * FF Fiona 5:30 * MF Guy 5:30 * AY Ampee	9:30 ** MF Soq 12:00 * FF Soq 5:30 * MFF Jacinda 7:00 * CB Wenbo	9:30 ** MYF Suzannah 12:00 * FF Suzannah 5:30 * MF Sujun 7:00 * AY Grace	9:30 ** VF Susan 11:15 MFF Fiona
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15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar
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3:00 * AY Thomas 5:30 * FF Suzannah	7:00 * MF Corrianne 8:30 * MY Kim	7:00 * HC May 7:00 * AY Ampee 8:30 * FF Wenbo	7:00 * WL\Guy 7:00 * AY Wenbo 8:30 * FF Kim	7:15 * AY Thomas 8:30 * FF Wenbo	7:00 * MY Sujun	5:30 * FF Corrianne
22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar
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3:00 * AY Thomas 5:30 * FF Suzannah	7:00 * MF Corrianne 8:30 * MY Kim	7:00 * HC May 7:00 * AY Connie 8:30 * FF Sandy	7:00 * WL\Guy 7:00 * AY Ampee 8:30 * FF Kim	7:15 * AY Thomas 8:30 * FF Wenbo	7:00 * MY Sujun	5:30 * FF Corrianne
29-Mar	30-Mar	31-Mar				

BOOKING your class:
CLICK www.HotYogaWellnessKennedy.com
and slowly SCROLL down till you see the
Day, Date & Time of your Choice of class and
CLICK BOOK NOW

NEW CLASS
**Energizing Flow:
Breath & Alignment**
Every Wed @ 9:30am

**Check the latest
schedule**
www.hotyogawellness.com/Kennedy

Occasionally and without notice there may be a change in teachers or classes

~ All Hot Yoga Classes are in the InfraRed Heated Hot Room (37 C) ~
marketing@hotyogawellness.com or TEXT 289-880-0989