

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	6:30-7:30 Katie VF 9:30-10:45 Katie HF 12:30-1:30 Katie HVF  4:30-5:45 Eric A 6:15-7:30** Wenli HVF 8:00-9:00 Leslie HY 9:30-10:30 Leslie HF	6:30-7:30 Mehran VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y  4:30-5:45** Ann YY 6:15-7:15 Tam PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY	6:30-7:30 Wenli VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P  4:30-5:45 Kyle HY 6:15-7:30** Kyle HF 8:00-9:00 Jenna F 9:30-10:30 Jenna HY	6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF  4:30-5:45** Eric A 6:15-7:30 Avital HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R	6:30-7:30 Jenny P 9:30-10:45 Jenny VF 12:30-1:30 Rachel HVF  4:30-5:30 Jenn HF 6:00-7:00** Jenn Y	8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Nia PN 1:00-2:00 Sandy P  4:00-5:00 Seline C
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R  6:00-7:00 Melissa HY	6:30-7:30 Katie VF 9:30-10:45 Katie HF 12:30-1:30 Katie HVF  4:30-5:45 Eric A 6:15-7:30** Wenli HVF 8:00-9:00 Leslie HY 9:30-10:30 Leslie HF	6:30-7:30 Mehran VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y  4:30-5:45** Ann YY 6:15-7:15 Tam PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY	6:30-7:30 Wenli VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P  4:30-5:45 Kyle HY 6:15-7:30** Kyle HF 8:00-9:00 Jenna F 9:30-10:30 Jenna HY	6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF  4:30-5:45** Eric A 6:15-7:30 Avital HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R	6:30-7:30 Jennifer VF 9:30-10:45 Jenny VF 12:30-1:30 Rachel HVF  4:30-5:30 Jenna HF 6:00-7:00** Jenna Y	8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Nia PN 1:00-2:00 Sandy P  4:00-5:00 Seline C
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19 Good Friday</b>	<b>20 Long Weekend</b>
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R  6:00-7:00 Melissa HY	6:30-7:30 Katie VF 9:30-10:45 Katie HF 12:30-1:30 Katie HVF  4:30-5:45 Eric A 6:15-7:30** Wenli HVF 8:00-9:00 Leslie HY 9:30-10:30 Leslie HF	6:30-7:30 Mehran VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y  4:30-5:45** Ann YY 6:15-7:15 Tam PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY	6:30-7:30 Wenli VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P  4:30-5:45 Kyle HY 6:15-7:30** Kyle HF 8:00-9:00 Jenna F 9:30-10:30 Jenna HY	6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF  4:30-5:45** Eric A 6:15-7:30 Jenny HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R	6:30-7:30 <b>CANCELLED</b> 9:30-10:45 Jenny VF 12:30-1:30 Rachel HVF  4:30-5:30 Jenn HF 6:00-7:00** <b>CANCELLED</b>	8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Nia PN 1:00-2:00 <b>CANCELLED</b>  4:00-5:00 <b>CANCELLED</b>
<b>21 Long Weekend</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R  6:00-7:00 <b>CANCELLED</b>	6:30-7:30 Katie VF 9:30-10:45 Katie HF 12:30-1:30 Katie HVF  4:30-5:45 Eric A 6:15-7:30** Wenli HVF 8:00-9:00 Leslie HY 9:30-10:30 Leslie HF	6:30-7:30 Mehran VF 9:30-10:45 Rachel HVF 12:30-1:30 Rachel Y  4:30-5:45** Ann YY 6:15-7:15 Tam PN 8:00-9:00 Daniel HF 9:30-10:30 Daniel HY	6:30-7:30 Wenli VF 9:30-10:45 Leslie HF 12:30-1:30 Sandy P  4:30-5:45 Kyle HY 6:15-7:30** Kyle HF 8:00-9:00 Jenna F 9:30-10:30 Jenna HY	6:30-7:30 Stephanie Y 9:30-11:00 Stephanie Y 12:30-1:30 Leslie HF  4:30-5:45** Eric A 6:15-7:30 Serena HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R	6:30-7:30 Jennifer VF 9:30-10:45 Jenny VF 12:30-1:30 Rachel HVF  4:30-5:30 Jenna HF 6:00-7:00** Jenna Y	8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Angela PN 1:00-2:00 Sandy P  4:00-5:00 Seline C
<b>28</b>	<b>29</b>	<b>30</b>				
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HY - Hot Yoga (100 Degree)  
HF - Hot Flow (100 Degree)  
VF - Vinyasa Flow (90 Degree)

HVF - Hot Vinyasa Flow (95 Degree)  
PF - Power Flow (95 Degree)  
R - Restorative Yoga (85 Degree)

A - Ashtanga Flow (85 Degree)  
YY - Yang Yin (95 Degree)  
P - Pilates (90 Degree)

Y - Yin. Longer hold & Deeper stretch (85 Degree)  
Y/R - Yin & Reiki therapy (85 Degree)  
PN - Prenatal Yoga, NO HEAT.

F - Hot Yoga Fusion (95 Degree)