

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			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 Jenny P 9:30-10:45 Daniel A 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 Jenny P  4:00-5:00 Seline C
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R  6:00-7:00 Seline 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 Serena HF 8:00-9:00 Kyle HY 9:30-10:30 Kyle R	6:30-7:30 Jennifer VF 9:30-10:45 Daniel A 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>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17 Long Weekend</b>	<b>18 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 Seline 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 Mia 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 Jenny P 9:30-10:45 Daniel A 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>19 Long Weekend</b>	<b>20 Victoria Day</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</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 <b>Cancelled</b> 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 <b>Cancelled</b> 9:30-10:30 <b>Cancelled</b>	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 Mia 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 Daniel A 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>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R  6:00-7:00 Seline 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 Mia 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 Daniel A 12:30-1:30 Rachel HVF  4:30-5:30 Jenn HF 6:00-7:00** Jenn Y	

HY - Hot Yoga(100 Degree)    HVF - Hot Vinyasa Flow (95 Degree)    A - Ashtanga Flow(85 Degree)    Y - Yin. Longer hold & Deeper stretch (85 Degree)    F - Hot Yoga Fusion (95 Degree)  
 HF - Hot Flow(100 Degree)    PF - Power Flow (95 Degree)    YY - Yang Yin (95 Degree)    Y/R - Yin & Reiki therapy (85 Degree)  
 VF - Vinyasa Flow (90 Degree)    R - Restorative Yoga (85 Degree)    P - Pilates (90 Degree)    PN - Prenatal Yoga, NO HEAT.





