

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Long Weekend	July 1st Canada Day					1
8:30-9:45 Jennifer HY 10:15-11:30 Wenli A 12:00-1:30 Stephanie Y/R 6:00-7:00 Cancelled	6:30-7:30 Cancelled 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 Cancelled 9:30-10:30 Cancelled					8:00-9:15 Connie HY 9:45-11:00 Connie PF 11:30-12:30 Nia PN 1:00-2:00 Gabriella P 4:00-5:00 Seline C
2	3	4	5	6	7	8
8:30-9:45 Jennifer HY 10:15-11:30 Leslie 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** Serena HVF 8:00-9:00 Leslie HY 9:30-10:30 Leslie HF	6:30-7:30 Mehran VF 9:30-10:45 Amanda O HVF 12:30-1:30 Amanda O 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 Katie VF 9:30-10:45 Leslie HF 12:30-1:30 Amanda O 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 Amanda O 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 Gabriella P 4:00-5:00 Seline C
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16	17	18	19	20	21	22
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23	24	25	26	27	28 Long Weekend	29 Long Weekend
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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)

