

April 2019 905.660.8880 1750 SteelesAveW (Dufferin & Steeles) "Occasionally there may be a change of Instructors"

1. All classes are "body temperature" and are Hot Yoga Wellness Foundation Series, unless otherwise stated 2. * 60 minute class. ** 75 minute class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-Mar	1-Apr	2-Apr	3-Apr	4-Apr	5-Apr	6-Apr
9:00 ** FF Savina 11:00 *E MX Tilda	9:30 **E FF Suzanna 12:00 *E MX Suzanna AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF May	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Savina 8:30 * FF Pinar	9:30 **E FF Pari 12:00 *E MX Pari 5:30 * FF Pinar 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Alex 12:00 *E FF Alex 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Kim 7:00 *E MX Vanessa 8:30 * FF Vanessa	9:00 ** FF Pari 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr
9:00 ** FF Savina 11:00 *E MX Tilda	9:30 **E FF Suzanna 12:00 *E MX Suzanna AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF May	9:30 **E FF Tilda 12:00 *E MX Alex 5:30 * FF Savina 7:00 * YF Savina 8:30 * FF Pinar	9:30 **E FF Alex 12:00 *E MX Alex 5:30 * FF Pinar 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Pari 12:00 *E FF Ruka 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Ruka 7:00 *E MX Ruka 8:30 * FF Vanessa	9:00 ** FF Kim 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	GOOD FRIDAY	20-Apr
9:00 ** FF Savina 11:00 *E MX Tilda	9:30 **E FF Suzanna 12:00 *E MX Suzanna AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF May	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Savina 8:30 * FF Pinar	9:30 **E FF Alex 12:00 *E MX Tilda 5:30 * FF Pinar 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Pari 12:00 *E FF Ruka 5:30 * FF Pari 7:00 * MX Pari 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 7:00 *E MX Ruka	9:00 ** FF Kim 11:00 *E MX Pari
EASTER SUNDAY	EASTER MONDAY	23-Apr	24-Apr	25-Apr	26-Apr	27-Apr
9:00 ** FF Savina 11:00 *E MX Tilda	9:30 **E FF Suzanna 12:00 *E MX Suzanna AerialYoga7-8pm 7:00 * MX Tilda 8:30 * FF May	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Savina 8:30 * FF Pinar	9:30 **E FF Alex 12:00 *E MX Alex 5:30 * FF Pinar 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Pari 12:00 *E FF Ruka 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Alex 12:00 *E VF Alex 5:30 * FF Ruka 7:00 *E MX Ruka 8:30 * FF Vanessa	9:00 ** FF Kim 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
28-Apr	29-Apr	30-Apr	1-May			
9:00 ** FF Savina 11:00 *E MX Tilda	9:30 **E FF Suzanna 12:00 *E MX Suzanna AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF May	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Savina 8:30 * FF Pinar	9:30 **E FF Alex 12:00 *E MX Pari 5:30 * FF Pinar 7:00 * HC Cindy 8:30 ** MY Cindy	Private Lessons Book Now Talk to Jacob or Text 647-801-4932	All Yoga Classes except aerial are in the "hot" room	FF - Foundation Flow MY - Mixed Yin Yoga PY - Power Yoga YF - Yoga Fitness MX - MixedYogaStyles HC - Hot Core VF - Vinyasa Flow

"E" are Economy @ \$11 or use your PLAN. Singing Bowls moves to Kennedy Studio for now.