

May 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	
		30-Apr	1-May	2-May	3-May	4-May	
ALERT!!!!!!! NOTICE!!!! Yin Yoga Training May25 & 26 YOGA TEACH TRAININ JULY15 -AUG 9	FF - Foundation Flow MY - Mixed Yin Yoga PY - Power Yoga YF - Yoga Fitness MX - MixedYogaStyles HC - Hot Core VF - Vinyasa Flow	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 Suzanna 12:00 *E MX Suzanna 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	9:15 ** FF Kim 11:00 *E MX Kim 5:00 *E FF Khadija 6:30 *E MX Khadija	
	5-May	6-May	7-May	8-May	9-May	10-May	
	9:15 ** FF Judit 11:00 *E MX Tilda 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Ruka 12:00 *E MX Ruka 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 Kim	9:30 **E FF Suzanna 12:00 *E MX Suzanna 5:30 * FF Pinar 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Tilda 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	9:15 ** FF Kim 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija
	12-May	13-May	14-May	15-May	16-May	17-May	18-May
	9:15 ** FF Judit 11:00 *E MX Pari 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Ruka 12:00 *E MX Ruka 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 Kim	9:30 **E FF Suzanna 12:00 *E MX Suzanna 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	9:15 ** FF Kim 11:00 *E MX Pari 5:00 *E FF Khadija
19-May	20-May	21-May	22-May	23-May	24-May	25-May	
9:15 ** FF Judit 11:00 *E MX Pari	9:30 **E FF Ruka 12:00 *E MX Ruka 7:00 * MX Tilda	9:30 **E FF Jessica 12:00 *E MX Jessica 5:30 * FF Savina 7:00 * YF Savina 8:30 * FF Kim	9:30 **E FF Suzanna 12:00 *E MX Suzanna 5:30 * FF Pinar 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY Tilda 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	9:15 ** FF Kim 11:00 *E MX Pari 5:00 *E FF Khadija 6:30 *E MX Khadija	
26-May	27-May	28-May	29-May	30-May	31-May	1-Jun	
9:15 ** FF Judit 11:00 *E MX Tilda 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E FF Ruka 12:00 *E MX Ruka 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 Kim	9:30 **E FF Suzanna 12:00 *E MX Suzanna 5:30 * FF Pinar 7:00 * HC Pinar 8:30 ** MY Tilda	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	9:15 ** FF Kim 11:00 *E MX Pinar 5:00 *E FF Khadija 6:30 *E MX Khadija	

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

YinYogaTrainingNOW