


November 2017 905.660.8880 1750 SteelesAveW (Dufferin & Steeles) "Occasionally there may be a change of Instructors"

NOTE: 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-Oct	01-Nov	02-Nov	03-Nov	04-Nov		
 <p>Sat Nov 11 - We DO Remember</p>		9:30 **E FF Ruka 12:00 *E MX Ruka	9:30 **E MX Pari 12:00 *E FF Pari	9:30 **E MX Quinn 12:00 *E FF Quinn AcroYoga60min7pm	9:30 **E MY Lavinia 12:00 *E YF Lavinia	9:00 ** FF Quinn 11:00 *E MX Quinn		
		5:30 * FF Quinn 7:00 * YF Quinn 8:30 * FF Pari	5:30 * FF Pamela 7:00 * HC Cindy 8:30 ** MY Cindy	5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	5:30 * FF Ruka 7:00 *E MX Pari	3:30 *E Jenny 5:00 * Jenny		
		05-Nov	06-Nov	07-Nov	08-Nov	09-Nov	10-Nov	11-Nov
		9:00 ** FF Pamela 11:00 *E MX Tilda 5:00 * FF Cindy 6:30 **E MY Cindy	9:30 **E FF Avital 12:00 *E MX Avital AerialYoga7-8pm 5:30 FF Tilda 7:00 MX Tilda 8:30 FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Quinn 7:00 * YF Quinn 8:30 * FF Pari	9:30 **E MX Pari 12:00 *E FF Pari 5:30 * FF Pamela 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MX Quinn 12:00 *E FF Quinn AcroYoga7-8pm 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E MY Lavinia 12:00 *E YF Lavinia 5:30 * FF Ruka 7:00 MX Pari	9:00 ** FF Quinn 11:00 *E MX Quinn 3:30 *E PY Jenny 5:00 * FF Jenny
		12-Nov	13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov
9:00 ** FF Pamela 11:00 *E MX Tilda 5:00 * FF Cindy 6:30 **E MY Cindy	9:30 **E FF Avital 12:00 *E MX Avital AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Quinn 7:00 * YF Quinn 8:30 * FF Pari	9:30 **E MX Pari 12:00 *E FF Pari 5:30 * FF Pamela 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MX Quinn 12:00 *E FF Quinn AcroYoga7-8pm 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E MY Lavinia 12:00 *E YF Lavinia 5:30 * FF Ruka 7:00 *E MX Pari	9:00 ** FF Quinn 11:00 *E MX Quinn 3:30 *E FF Jenny 5:00 * MX Jenny		
19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov		
9:00 ** FF Pamela 11:00 *E MX Tilda 5:00 * FF Cindy 6:30 **E MY Cindy	9:30 **E FF Avital 12:00 *E MX Avital AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Quinn 7:00 * YF Quinn 8:30 * FF Pari	9:30 **E MX Pari 12:00 *E FF Pari 5:30 * FF Pamela 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MX Quinn 12:00 *E FF Quinn AcroYoga7-8pm 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E MY Lavinia 12:00 *E YF Lavinia 5:30 * FF Ruka 7:00 *E MX Pari	9:00 ** FF Quinn 11:00 *E MX Quinn 3:30 *E PY Jenny 5:00 * FF Jenny		
26-Nov	27-Nov	28-Nov	29-Nov	30-Nov				
9:00 ** FF Pamela 11:00 *E MX Avital 5:00 * FF Cindy 6:30 **E MY Cindy	9:30 **E FF Avital 12:00 *E MX Avital AerialYoga7-8pm 5:30 * FF Pamela 7:00 * MX S/J/B 8:30 * FF S/J/B	9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Quinn 7:00 * YF Quinn 8:30 * FF Pari	9:30 **E MX Pari 12:00 *E FF Pari 5:30 * FF Pamela 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MX Quinn 12:00 *E FF Quinn AcroYoga7-8pm 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina		MX - Mixed Yoga Styles FF - Foundation Flow MY - Mixed Yin Yoga YF - Yoga Fitness PY - Power Yoga HC - Hot Core		

EARLY MORNING 7:00am Hot Yoga Classes EVERY TUESDAY -Book the next 10 Classes NOW. Starts Dec 5th