

December2017 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 | Happy New Year | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|--|
| 31-Dec | 01-Jan | january2nd | | 30-Nov | 01-Dec | 02-Dec |
| 9:00 ** FF Ruka 11:00 *E MX Pari | 9:30 **E FF S/J/B 12:00 *E MX S/J/B | 7am Special Every Tuesday for Ten Weeks! You buy 10 scheduled classes for only \$100 ~Classes from Jan2 till Mar6. Enjoy! | MX - MixedYogaStyles FF - Foundation Flow MY - Mixed Yin Yoga YF - Yoga Fitness PY - Power Yoga HC - Hot Core | 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 Pari 12:00 *E YF Pari 5:30 * FF Ruka 7:00 *E MX Ruka | 9:00 ** FF Quinn 11:00 *E MX Quinn 3:30 *E PY Jenny 5:00 * FF Jenny |
| 03-Dec | 04-Dec | 05-Dec | 06-Dec | 07-Dec | 08-Dec | 09-Dec |
| 9:00 ** FF TBA 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 | 7amStartsTueJan2 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 Pari 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 Pari 12:00 *E YF Pari 5:30 * FF Ruka 7:00 MX Ruka | 9:00 ** FF Quinn 11:00 *E MX Quinn 3:30 *E PY Jenny 5:00 * FF Jenny |
| 10-Dec | 11-Dec | 12-Dec | 13-Dec | 14-Dec | 15-Dec | 16-Dec |
| 9:00 ** FF Pamela 11:00 *E MX Tilda 5:00 * FF Cindy 6:30 **E MY Cindy | 9:30 **E FF Pari 12:00 *E MX Pari AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B | 7amStartsTueJan2 9:30 **E FF Avital 12:00 *E MX Avital 5:30 * FF Quinn 7:00 * YF Quinn 8:30 * FF Pari | 9:30 **E MX Ruka 12:00 *E FF Ruka 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 Ruka 7:00 * MX Lina 8:30 * FF Lina | 9:30 **E MY Pari 12:00 *E YF Pari 5:30 * FF Ruka 7:00 *E MX Ruka | 9:00 ** FF Quinn 11:00 *E Quinn 3:30 *E PY Jenny 5:00 * FF Jenny |
| 17-Dec | 18-Dec | 19-Dec | 20-Dec | 21-Dec | 22-Dec | 23-Dec |
| 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 | 7amStartsTueJan2 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 Pari 12:00 *E YF Pari 5:30 * FF Ruka 7:00 *E MX Ruka | 9:00 ** FF Quinn 11:00 *E MX Quinn 3:30 *E PY Jenny 5:00 * FF Jenny |
| 24 Christmas Eve | 25 MerryChristmas | 26 Boxing Day | 27-Dec | 28-Dec | 29-Dec | 30-Dec |
| 9:00 ** FF Pamela 11:00 *E MX Pari | 9:30 **E FF Avital 12:00 *E MX Avital | 7amStartsTueJan2 9:30 **E FF Ruka 12:00 *E MX Ruka | 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 Pari 8:30 * FF Ruka | 9:30 **E MY Pari 12:00 *E YF Pari 5:30 * FF Ruka 7:00 *E MX Ruka | 9:00 ** FF Quinn 11:00 *E MX Quinn 3:30 *E PY Jenny 5:00 * FF Jenny |

7am HotYogaClassesTUESDAYS Jan2 Till Mar6 - Buy10ClassPackage - Book NOW!!!

SEE UPPER LEFT for Dec 31 Schedule