

January 2018 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
NEW new NEW	Happy New Year	02-Jan	03-Jan	04-Jan	05-Jan	06-Jan
1. Tuesdays 7am HotYoga Class	9:30 **E FF S/J/B 12:00 *E MX S/J/B	7:00 *E FF Ruka 9:30 **E FF Ruka 12:00 *E MX Ruka	9:30 **E KU Samantha 12:00 *E KU Samantha	9:30 **E MX Quinn 12:00 *E FF Quinn	9:30 **E MY Pari 12:00 *E YF Pari	9:00 ** FF Pari 11:00 *E MX Pari
2. Wednesdays 9:30am & noon:KundaliniYoga	<b>ASK Reception:</b>	5:30 * FF Quinn	5:30 * FF Pamela	5:30 * FF Pari	5:30 * FF Ruka	
3. 21DayChallenge Do 14 classes in 21Days	<b>1WeekFree forYour FirstTimerFriend.</b>	7:00 * YF Quinn 8:30 * FF Judith	7:00 * HC Cindy 8:30 ** MY Cindy	7:00 * MX Pari 8:30 * FF Ruka	7:00 *E MX Ruka	5:00 FF Pari
07-Jan	08-Jan	09-Jan	10-Jan	11-Jan	12-Jan	13-Jan
9:00 ** FF Mack 11:00 *E MX Pari 5:00 * FF Cindy 6:30 **E MY Cindy	9:30 **E FF Avital 12:00 *E MX Avital AerialYoga7-8pm 5:30 FF Judith 7:00 MX S/J/B 8:30 FF S/J/B	7:00 *E FF Ruka 9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Quinn 7:00 * YF Quinn 8:30 * FF Judith	9:30 **E KU Samantha 12:00 *E KU Samantha 5:30 * FF Pamela 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MX Quinn 12:00 *E FF Quinn 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 Pari 11:00 *E MX Pari 5:00 FF Pari
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
9:00 ** FF Mack 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	7:00 *E FF Ruka 9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Quinn 7:00 * YF Quinn 8:30 * FF Judith	9:30 **E KU Samantha 12:00 *E KU Samantha 5:30 * FF Mack 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MX Quinn 12:00 *E FF Quinn 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 Judith 7:00 *E MX Pari	9:00 ** FF Pari 11:00 *E Pari 5:00 FF Pari
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
9:00 ** FF Mack 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	7:00 *E FF Ruka 9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Jennifer 7:00 * YF Jennifer 8:30 * FF Judith	9:30 **E KU Samantha 12:00 *E KU Samantha 5:30 * FF Mack 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MX Quinn 12:00 *E FF Quinn 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 Pari 11:00 *E MX Pari 5:00 FF Pari
28-Jan	29-Jan	30-Jan	31-Jan	01-Feb		
9:00 ** FF Mack 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	7:00 *E FF Ruka 9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Pari 7:00 * YF Quinn 8:30 * FF Judith	9:30 **E KU Samantha 12:00 *E KU Samantha 5:30 * FF Pamela 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MX Quinn 12:00 *E FF Quinn 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	<b>7am Special</b> Every Tuesday for Ten Weeks! You buy 10 scheduled classes for only \$100 Classes fromJan2-Mar6 (or Use Your CC plan).	MX - MixedYogaStyles FF - Foundation Flow MY - Mixed Yin Yoga YF - Yoga Fitness PY - Power Yoga KU - KUNDALINI HC - Hot Core

7am HotYogaClasses TUESDAYS Jan2 Till Mar6 - Buy10ClassPackage - Book NOW!!!