


February 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	
			31-Jan	01-Feb	02-Feb	03-Feb	
1. Tuesdays 7am HotYoga Class			9:30 **E KU Samantha 12:00 *E KU Samantha	9:30 **E MX Quinn 12:00 *E FF Quinn	9:30 **E MY Elvira 12:00 *E YF Elvira	9:00 ** FF Cindy 11:00 *E MX Cindy	
2. Wednesdays 9:30am & noon:KundaliniYoga			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 Ruka	5:00 *E FF Sujun	
04-Feb	05-Feb	06-Feb	07-Feb	08-Feb	09-Feb	10-Feb	
9:00 ** FF Tilda 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 Judit 7:00 * YF Quinn 8:30 * FF Quinn	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 Judit 7:00 * MX Lina 8:30 * FF Lina	9:30 **E MY Elvira 12:00 *E YF Elvira 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Cindy 11:00 *E MX Cindy 5:00 *E FF Sujun	
11-Feb	12-Feb	13-Feb	Happy valentines	15-Feb	16-Feb	17-Feb	
9:00 ** FF S/J/B 11:00 *E MX S/J/B 5:00 * FF Cindy 6:30 **E MY Cindy	9:30 **E FF Avital 12:00 *E MX Avital AerialYoga7-8pm 5:30 * FF Diane 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 Judit 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E KU Samantha 12:00 *E KU Samantha 5:30 * FF Pamela	9:30 **E MX Quinn 12:00 *E FF Quinn 5:30 * FF Judit 7:00 * MX Lina 8:30 * FF Lina	9:30 **E MY Elvira 12:00 *E YF Elvira 5:30 * FF Ruka	9:00 ** FF Cindy 11:00 *E Cindy	
18-Feb	Family Day	20-Feb	21-Feb	22-Feb	23-Feb	24-Feb	
9:00 ** FF S/J/B 11:00 *E MX S/J/B		7:00 *E FF Ruka 9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Judit 7:00 * YF Quinn 8:30 * FF Quinn	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 Judit 7:00 * MX Lina 8:30 * FF Lina	9:30 **E MY Ruka 12:00 *E YF Ruka 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Cindy 11:00 *E MX Cindy 5:00 *E FF Sujun	
25-Feb	26-Feb	27-Feb	28-Feb	01-Mar			
9:00 ** FF Tilda 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 Judit 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E KU Samantha 12:00 *E KU Samantha 5:30 * FF Pamela 7:00 * MX Ruka 8:30 ** FF Ruka	9:30 **E MX Quinn 12:00 *E FF Quinn 5:30 * FF Judit 7:00 * MX Lina 8:30 * FF Lina	7am Special 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!!!