

March 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
EASTER SUNDAY				01-Mar	02-Mar	03-Mar
9:00 ** FF Pamela 11:00 *E MX Tilda	AERIAL YOGA FOR ALL LEVELS Mondays 7-8PM Strengthen - Flexibility ANDit is FUN	All regular Classes are "Body Temperature" 37°C Wednesdays 9:30am & noon:KundaliniYoga	MX - MixedYogaStyles FF - Foundation Flow MY - Mixed Yin Yoga YF - Yoga Fitness KU - KUNDALINI HC - Hot Core AY - Aerial Yoga	9:30 **E FF Nancy 12:00 *E FF Nancy 5:30 * FF Judit 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Ruka 12:00 *E MX Ruka 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Vanessa 11:00 *E FF Vanessa 5:00 FF Avital
04-Mar	05-Mar	06-Mar	07-Mar	08-Mar	09-Mar	10-Mar
9:00 ** FF Pamela 11:00 *E MX Tilda 5:00 * FF Cindy 6:30 **E MY Cindy	9:30 **E FF Nancy 12:00 *E FF Nancy 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 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 S/J/B 12:00 *E FF S/J/B 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E MY Elvira 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 Avital
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
9:00 ** FF Pamela 11:00 *E MX Tilda 5:00 * FF Cindy 6:30 **E MY Cindy	9:30 **E FF Nancy 12:00 *E FF Nancy 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 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 S/J/B 12:00 *E FF S/J/B 5:30 * FF Pari 7:00 * MX Pari 8:30 * FF Pari	9:30 **E MY Elvira 12:00 *E YF Pari 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E Pari 5:00 FF Avital
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
9:00 ** FF Pamela 11:00 *E MX Tilda 5:00 * FF Cindy 6:30 **E MY Cindy	9:30 **E FF Nancy 12:00 *E FF Nancy AerialYoga7-8pm 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E FF Pari 12:00 *E MX Pari 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 S/J/B 12:00 *E FF S/J/B 5:30 * FF Pari 7:00 * MX Ruka 8:30 * FF Ruka	9:30 **E MY Elvira 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 Avital
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar	Good Friday	31-Mar
9:00 ** FF Pamela 11:00 *E MX Tilda 5:00 * FF Pari 6:30 **E MY Pari	9:30 **E FF Nancy 12:00 *E FF Nancy 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 Judit 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E KU Samanth 12:00 *E KU Samanth 5:30 * FF Pamela 7:00 * HC Pari 8:30 ** MY Pari	9:30 **E MX S/J/B 12:00 *E FF S/J/B 5:30 * FF Pari 7:00 * MX Lina 8:30 * FF Lina	9:30 **E MY Elvira 12:00 *E YF Pari	9:00 ** FF Pari 11:00 *E MX Pari 5:00 FF Avital