

April 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
<b>Easter Sunday</b>	<b>Easter Monday</b>	<b>03-Apr</b>	<b>04-Apr</b>	<b>05-Apr</b>	<b>06-Apr</b>	<b>07-Apr</b>
9:00 ** FF Vaness 11:00 *E MX Tilda	9:30 **E FF Ruka 12:00 *E FF Ruka AerialYoga7-8pm 7:00 MX Tilda	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 Pari 7:00 * HC Pari 8:30 ** MY Maital	9:30 **E FF S/J/B 12:00 *E FF S/J/B 5:30 * FF Ruka 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Jessica 12:00 *E FF Jessica 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E FF Pari 5:00 FF Avital
<b>08-Apr</b>	<b>09-Apr</b>	<b>10-Apr</b>	<b>11-Apr</b>	<b>12-Apr</b>	<b>13-Apr</b>	<b>14-Apr</b>
9:00 ** FF Vaness 11:00 *E MX Vaness	9:30 **E FF Ruka 12:00 *E FF Ruka 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 Pari 7:00 * HC Pari 8:30 ** MY Maital	9:30 **E MX S/J/B 12:00 *E FF S/J/B 5:30 * FF Ruka 7:00 * MX Lina 8:30 * FF Lina	9:30 **E FF Jessica 12:00 *E FF Jessica 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 FF Avital
<b>15-Apr</b>	<b>16-Apr</b>	<b>17-Apr</b>	<b>18-Apr</b>	<b>19-Apr</b>	<b>20-Apr</b>	<b>21-Apr</b>
9:00 ** FF Vaness 11:00 *E MX Tilda	9:30 **E FF Ruka 12:00 *E FF Ruka 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 Pari 8:30 ** MY Maital	9:30 **E MX S/J/B 12:00 *E FF S/J/B 5:30 * FF Ruka 7:00 * MX Ruka 8:30 * FF Lina	9:30 **E FF Jessica 12:00 *E FF Jessica 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E Pari 5:00 FF Avital
<b>22-Apr</b>	<b>23-Apr</b>	<b>24-Apr</b>	<b>25-Apr</b>	<b>26-Apr</b>	<b>27-Apr</b>	<b>28-Apr</b>
9:00 ** FF Vaness 11:00 *E MX Tilda	9:30 **E FF Ruka 12:00 *E FF Ruka 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 Pari 7:00 * HC Pari 8:30 ** MY Maital	9:30 **E MX S/J/B 12:00 *E FF S/J/B 5:30 * FF Ruka 7:00 * MX Ruka 8:30 * FF Lina	9:30 **E FF Jessica 12:00 *E FF Jessica 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 FF Avital
<b>29-Apr</b>	<b>30-Apr</b>	<b>01-May</b>				
9:00 ** FF Tilda 11:00 *E MX Tilda	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		Coming In APRIL! ---->	Coming In APRIL! Check EVERY DAY! ~ Prenatal Yoga ~ Guided Meditation ~ Kid's Yoga	MX - MixedYogaStyles FF - Foundation Flow MY - Mixed Yin Yoga YF - Yoga Fitness KU - KUNDALINI HC - Hot Core