

May 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  |
|---|--|--|---|---|---|---|
|   | OpenHouseMay6  | 01-May   | OpenHouseMay6   | 03-May  | OpenHouseMay6   | 05-May  |
| freeOpenHouse May6<br>Sunday 830AM - 2pm<br>9AM till 11AM hot yoga<br>Yin,pre-natal,kidsYoga,<br>qigong, meditation,<br>and much more | 9:30 **E MX Nancy<br>12:00 *E FF Nancy<br>AerialYoga7-8pm<br>5:30 FF Tilda<br>7:00 MX Tilda<br>8:30 FF S/J/B       | OpenHouseMay6<br>9:30 **E MX Ruka<br>12:00 *E FF Ruka<br>5:30 * FF Judit<br>7:00 * YF Quinn<br>8:30 * FF Quinn | 9:30 **E FF Jessica<br>12:00 *E FF Jessica<br>5:30 * FF Ruka<br>7:00 * HC Pari<br>8:30 ** MY Judit    | OpenHouseMay6<br>9:30 **E MX S/J/B<br>12:00 *E FF S/J/B<br>5:30 * FF Ruka<br>7:00 * MX Pari<br>8:30 * FF Lina | 9:30 **E KU Samantha<br>12:00 *E KU Samantha<br>5:30 * FF Ruka<br>7:00 *E MX Ruka | OpenHouseMay6<br>9:00 ** FF Ruka<br>11:00 *E MX Pari<br>5:00 FF Nancy   |
| OpenHouseTODAY  | 07-May   | 08-May   | 09-May  | 10-May  | 11-May  | 12-May  |
| Free OPEN House<br>See above<br>plus snacks and drink<br>osteopath demos<br>5:00 * FF Judit<br>6:30 **E MY Judit                      | 9:30 **E MX Nancy<br>12:00 *E FF Nancy<br>AerialYoga7-8pm<br>5:30 FF Tilda<br>7:00 MX Tilda<br>8:30 FF S/J/B       | 9:30 **E MX Ruka<br>12:00 *E FF Ruka<br>5:30 * FF Judit<br>7:00 * YF Quinn<br>8:30 * FF Quinn                  | 9:30 **E FF Jessica<br>12:00 *E FF Jessica<br>5:30 * FF Ruka<br>7:00 * HC Cindy<br>8:30 ** MY Cindy   | 9:30 **E MX S/J/B<br>12:00 *E FF S/J/B<br>5:30 * FF Ruka<br>7:00 * MX Lina<br>8:30 * FF Lina                  | 9:30 **E KU Samantha<br>12:00 *E KU Samantha<br>5:30 * FF Ruka<br>7:00 MX Ruka    | 9:00 ** FF Pari<br>11:00 *E MX Pari<br>5:00 FF Nancy  |
| 13-May  | 14-May   | 15-May   | 16-May  | 17-May  | 18-May  | 19-May  |
| 9:00 ** FF Vaness<br>11:00 *E MX Vaness<br>5:00 * FF Judit<br>6:30 **E MY Judit   | 9:30 **E MX Nancy<br>12:00 *E FF Nancy<br>AerialYoga7-8pm<br>5:30 * FF Tilda<br>7:00 * MX Tilda<br>8:30 * FF S/J/B | 9:30 **E MX Ruka<br>12:00 *E FF Ruka<br>5:30 * FF Judit<br>7:00 * YF Quinn<br>8:30 * FF Quinn                  | 9:30 **E FF Jessica<br>12:00 *E FF Jessica<br>5:30 * FF Pamela<br>7:00 * HC Cindy<br>8:30 ** MY Cindy | 9:30 **E MX S/J/B<br>12:00 *E FF S/J/B<br>5:30 * FF Ruka<br>7:00 * MX Lina<br>8:30 * FF Lina                  | 9:30 **E KU Samantha<br>12:00 *E KU Samantha<br>5:30 * FF Ruka<br>7:00 *E MX Ruka | 9:00 ** FF Pari<br>11:00 *E MX Pari   |
| 20-May  | Victoria day   | 22-May   | 23-May  | 24-May  | 25-May  | 26-May  |
| 9:00 ** FF Vaness<br>11:00 *E MX Vaness   | 9:30 **E MX Nancy<br>12:00 *E FF Nancy<br>AerialYoga7-8pm<br>7:00 * MX Tilda                                       | 9:30 **E MX Ruka<br>12:00 *E FF Ruka<br>5:30 * FF Judit<br>7:00 * YF Quinn<br>8:30 * FF Quinn                  | 9:30 **E FF Jessica<br>12:00 *E FF Jessica<br>5:30 * FF Pamela<br>7:00 * HC Cindy<br>8:30 ** MY Cindy | 9:30 **E MX S/J/B<br>12:00 *E FF S/J/B<br>5:30 * FF Ruka<br>7:00 * MX Lina<br>8:30 * FF Lina                  | 9:30 **E KU Samantha<br>12:00 *E KU Samantha<br>5:30 * FF Ruka<br>7:00 *E MX Ruka | 9:00 ** FF Pari<br>11:00 *E MX Pari<br>5:00 FF Nancy  |
| 27-May  | 28-May   | 29-May   | 30-May  | 31-May  | 01-Jun  |   |
| 9:00 ** FF Tilda<br>11:00 *E MX Tilda<br>5:00 * FF Judit<br>6:30 **E MY Judit   | 9:30 **E MX Nancy<br>12:00 *E FF Nancy<br>AerialYoga7-8pm<br>5:30 * FF Tilda<br>7:00 * MX Tilda<br>8:30 * FF S/J/B | 9:30 **E MX Ruka<br>12:00 *E FF Ruka<br>5:30 * FF Judit<br>7:00 * YF Quinn<br>8:30 * FF Quinn                  | 9:30 **E FF Jessica<br>12:00 *E FF Jessica<br>5:30 * FF Pamela<br>7:00 * HC Cindy<br>8:30 ** MY Cindy | 9:30 **E MX S/J/B<br>12:00 *E FF S/J/B<br>5:30 * FF Ruka<br>7:00 * MX Lina<br>8:30 * FF Lina                  | 9:30 **E KU Samantha<br>12:00 *E KU Samantha<br>5:30 * FF Ruka<br>7:00 *E MX Ruka | MX - MixedYogaStyles<br>FF - Foundation Flow<br>MY - Mixed Yin Yoga<br>YF - Yoga Fitness<br>KU - KUNDALINI<br>HC - Hot Core |