

**July 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>Canada Day</b>	<b>02-Jul</b>	<b>03-Jul</b>	<b>04-Jul</b>	<b>05-Jul</b>	<b>06-Jul</b>	<b>07-Jul</b>
9:00 ** FF Vanessa 11:00 *E MX Vanessa	9:30 **E MX MarieH 12:00 *E FF MarieH  7:00 MX Tilda <b>AerialYoga7-8pm</b>	9:30 **E MX Nancy 12:00 *E FF Nancy  5:30 * FF Judit 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E MX Pari 12:00 *E FF Pari  5:30 * FF Pamela 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B <b>Acro Yoga Thu 7-8pm</b> 5:30 * VF MarieH 7:00 * MX Judit 8:30 * FF Judit	9:30 **E PY Alex 12:00 *E VF Alex  5:30 * FF Judit 7:00 *E MX Pari	9:00 ** FF MarieH 11:00 *E MX MarieH  5:00 FF Tam
<b>08-Jul</b>	<b>09-Jul</b>	<b>10-Jul</b>	<b>11-Jul</b>	<b>12-Jul</b>	<b>13-Jul</b>	<b>14-Jul</b>
9:00 ** FF Tilda 11:00 *E MX Tilda  5:00 * FF Pari 6:30 **E MY Pari	9:30 **E MX MarieH 12:00 *E FF MarieH <b>AerialYoga7-8pm</b> 5:30 FF Tilda 7:00 MX Tilda 8:30 FF S/J/B	9:30 **E MX Nancy 12:00 *E FF Nancy  5:30 * FF Judit 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E MX Jessica 12:00 *E FF Jessica  5:30 * FF Pamela 7:00 * HC Helen 8:30 ** MY Helen	9:30 **E MY S/J/B 12:00 *E FF S/J/B <b>Acro Yoga Thu 7-8pm</b> 5:30 * VF MarieH 7:00 * MX Judit 8:30 * FF Judit	9:30 **E PY Alex 12:00 *E VF Alex  5:30 * FF Judit 7:00 MX Pari	9:00 ** FF MarieH 11:00 *E MX MarieH  5:00 FF Tam
<b>15-Jul</b>	<b>16-Jul</b>	<b>17-Jul</b>	<b>18-Jul</b>	<b>19-Jul</b>	<b>20-Jul</b>	<b>21-Jul</b>
9:00 ** FF Vanessa 11:00 *E MX Tilda  5:00 * FF Pari 6:30 **E MY Pari	9:30 **E MX MarieH 12:00 *E FF MarieH <b>AerialYoga7-8pm</b> 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E MX Nancy 12:00 *E FF Nancy  5:30 * FF Judit 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E MX Jessica 12:00 *E FF Jessica  5:30 * FF Pamela 7:00 * HC Cindy 8:30 ** MY Cindy	9:30 **E MY S/J/B 12:00 *E FF S/J/B <b>Acro Yoga Thu 7-8pm</b> 5:30 * VF MarieH 7:00 * MX Lina 8:30 * FF Lina	9:30 **E PY Alex 12:00 *E VF Alex  5:30 * FF Judit 7:00 *E MX Pari	9:00 ** FF MarieH 11:00 *E MX MarieH  5:00 FF Tam
<b>22-Jul</b>	<b>23-Jul</b>	<b>24-Jul</b>	<b>25-Jul</b>	<b>26-Jul</b>	<b>27-Jul</b>	<b>28-Jul</b>
9:00 ** FF Tilda 11:00 *E MX Tilda  5:00 * FF Pari 6:30 **E MY Pari	9:30 **E MX MarieH 12:00 *E FF MarieH <b>AerialYoga7-8pm</b> 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E MX Nancy 12:00 *E FF Nancy  5:30 * FF Judit 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E MX Jessica 12:00 *E FF Jessica  5:30 * FF Pamela 7:00 * HC Judit 8:30 ** MY Judit	9:30 **E MY S/J/B 12:00 *E FF S/J/B <b>No Acro Yoga today</b> 5:30 * FF Pari 7:00 * MX Jessica 8:30 * FF Jessica	9:30 **E PY Alex 12:00 *E VF Alex  5:30 * FF Jessica 7:00 *E MX Pari	9:00 ** FF Vanessa 11:00 *E MX Vanessa  5:00 FF Tam
<b>29-Jul</b>	<b>30-Jul</b>	<b>31-Jul</b>	<b>01-Aug</b>			
9:00 ** FF Vanessa 11:00 *E MX Vanessa  5:00 * FF Pari 6:30 **E MY Pari	9:30 **E MX Pari 12:00 *E FF Pari <b>AerialYoga7-8pm</b> 5:30 * FF Tilda 7:00 * MX Tilda 8:30 * FF S/J/B	9:30 **E MX Nancy 12:00 *E FF Nancy  5:30 * FF Pari 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E MX Jessica 12:00 *E FF Jessica  5:30 * FF Pamela 7:00 * HC Cindy 8:30 ** MY Cindy	<b>ACRO YOGA THU 7pm</b> total body strengthening, core work, stretching, Kinetic awareness, self-control, conquer the fear of falling & MORE. &it's fun!!! Great Pics!!!		<b>Yoga ALL CLASSES</b> <b>are in the 37C</b> <b>(98F) "hot" room.</b> Except Aerial and Acro

Enjoy your "body temperature" yoga classes! And Birthday OR Bridal Party?? Have fun!!! Choose YOUR time for an Aerial Yoga Party !!

FF - Foundation Flow  
MY - Mixed Yin Yoga  
PY - Power Yoga  
YF - Yoga Fitness  
MX - MixedYogaStyles  
HC - Hot Core  
VF - Vinyasa Flow