

June 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
01-JulyCanada Day				31-May	01-Jun	02-Jun
9:00 ** FF Tilda 11:00 *E MX Tilda Happy Canada Day	MX - MixedYogaStyles FF - Foundation Flow MY - Mixed Yin Yoga YF - Yoga Fitness KU - KUNDALINI HC - Hot Core VF-Vinyasa		NEW CLASS: STARTING THURSDAYS VINYASA FLOW !!!!! ENJOY THE NEW TEACHERS: ALEX & HELEN !!!!!	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 KU Samantha 12:00 *E KU Samantha 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 FF Alex
03-Jun	04-Jun	05-Jun	06-Jun	07-Jun	08-Jun	09-Jun
9:00 ** FF Tilda 11:00 *E MX Tilda 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E MX 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 MX Nancy 12:00 *E FF Nancy 5:30 * FF Judit 7:00 * YF Quinn 8:30 * FF Quinn	9:30 **E MY Jessica 12:00 *E FF Jessica 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 * VF Alex 7:00 * MX Lina 8:30 * FF Lina	9:30 **E MX Pari 12:00 *E FF Pari 5:30 * FF Ruka 7:00 MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 FF Alex
10-Jun	11-Jun	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
9:00 ** FF Vaness 11:00 *E MX Vaness 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E MX 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 MX Nancy 12:00 *E FF Nancy 5:30 * FF Judit 7:00 * YF Ruka 8:30 * FF Ruka	9:30 **E MY Jessica 12:00 *E FF Jessica 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 * VF Alex 7:00 * MX Lina 8:30 * FF Lina	9:30 **E KU Samantha 12:00 *E KU Samantha 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 FF Alex
17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
9:00 ** FF Tilda 11:00 *E MX Tilda 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E MX 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 MX Nancy 12:00 *E FF Nancy 5:30 * FF Judit 7:00 * YF Pari 8:30 * FF Ruka	9:30 **E MY Jessica 12:00 *E FF Jessica 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 * VF Alex 7:00 * MX Lina 8:30 * FF Lina	9:30 **E KU Samantha 12:00 *E KU Samantha 5:30 * FF Ruka 7:00 *E MX Ruka	9:00 ** FF Pari 11:00 *E MX Pari 5:00 FF Alex
24-Jun	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
9:00 ** FF Vaness 11:00 *E MX Vaness 5:00 * FF Judit 6:30 **E MY Judit	9:30 **E MX Helen 12:00 *E FF Helen AerialYoga7-8pm 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 MY Jessica 12:00 *E FF Jessica 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 * VF Helen 7:00 * MX Pari 8:30 * FF Judit	9:30 **E KU Samantha 12:00 *E KU Samantha 5:30 * FF Helen	9:00 ** FF Helen 11:00 *E MX Helen

CANADA DAY IS AT THE TOP LEFT

SEE TOP LEFT OF PAGE FOR CANADA DAY SCHEDULE