

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Please note that: 1. All classes are Heated, unless otherwise stated 2. The classes are suitable for all levels. 3. * 60 minute class. **75 minute class.							
1 Holiday 10:00**C <i>Nora</i> 12:00* <i>Nora</i>	2 Civic Holiday 10:00**C <i>Jenny F</i> 12:00* <i>Jenny F</i> 7:00* <i>Sujun</i>	3 7:00* C MaryAnn 12:00*YP Lisa M 5:30*E Elena 7:00* Elena 8:30* Viktoria	4 9:30**C MaryAnn 12:00*VF Jovita 5:30* Jacob 7:00* Ilya 8:30* Ilya	5 7:00* C Jessie 12:00* Jacob 5:30*E Lisa K 7:00*VF Jovita 8:30*AF <i>Jovita</i>	6 9:30 **C Michelle 12:00*HF Nash 5:30*E Jessie 7:00*E Jessie 8:30*K MaryAnn	7 8:00**C Michelle 10:00**C Lisa K 12:00* Lisa K	
8 8:00**C MaryAnn 10:00**C Michelle 12:00* Sujun 6:30 ** Lisa K 8:30*E Lisa K	9 9:30 **C Viktoria 12:00* Elena 5:30* Jenny F 7:00* Elena 8:30* Elena	10 7:00* C Elena 12:00* Jessie 5:30*E Elena 7:00* Elena 8:30* Viktoria	11 9:30**C MaryAnn 12:00*VF Jovita 5:30* Jacob 7:00* Ilya 8:30* Ilya	12 7:00* C Jessie 12:00* Jacob 5:30*E Lisa K 7:00*VF Jovita 8:30*AF <i>Jovita</i>	13 9:30 **C Michelle 12:00* Nora 5:30*E Jessie 7:00*E Jessie 8:30*K Michelle	14 8:00**C Michelle 10:00**C Lisa K 12:00* Lisa K	
15 8:00**C Michelle 10:00**C Michelle 12:00* Sujun 6:30 ** MY Nora 8:30*E Nora	16 9:30 **C Viktoria 12:00* Lisa K 5:30* Jenny F 7:00* Sujun 8:30* Sujun	17 7:00* C Michelle 12:00*YP Lisa M 5:30*E Jessie 7:00* Jessie 8:30* Viktoria	18 9:30**C Michelle 12:00*VF Jovita 5:30* Jacob 7:00* Ilya 8:30* Ilya	19 7:00* C Jessie 12:00* Jacob 5:30*E Michelle 7:00*VF Jovita 8:30*AF <i>Jovita</i>	20 9:30 **C Michelle 12:00* Nora 5:30*E Jessie 7:00*E Jessie 8:30*K Michelle	21 8:00**C Michelle 10:00**C BonnieD 12:00* BonnieD	
22 8:00**C Michelle 10:00**C Michelle 12:00* Sujun 6:30 ** MY Nora 8:30*E Nora	23 9:30 **C Viktoria 12:00* Lisa K 5:30* Jenny F 7:00* Sujun 8:30* Sujun	24 7:00* C Jessie 12:00*YP Lisa M 5:30*E Lisa K 7:00* Lisa K 8:30* Viktoria	25 9:30**C MaryAnn 12:00*VF Jovita 5:30* Jacob 7:00* Ilya 8:30* Ilya	26 7:00* C Jessie 12:00* Jacob 5:30*E Lisa K 7:00*VF Jovita 8:30*AF <i>Jovita</i>	27 9:30 **C Michelle 12:00*HF Nash 5:30*E Jessie 7:00*E Jessie 8:30*K MaryAnn	28 8:00**C Michelle 10:00**C Lisa K 12:00* Lisa K	
29 8:00**C MaryAnn 10:00**C Michelle 12:00* Sujun 6:30 ** MY Nora 8:30*E Nora	30 9:30 **C Viktoria 12:00* Lisa K 5:30* Jenny F 7:00* Sujun 8:30* Sujun	31 7:00* C MaryAnn 12:00*YP Lisa M 5:30*E Lisa K 7:00* Lisa K 8:30* Viktoria	All Yoga classes are HotYoga FoundationFlow + drop-in unless otherwise stated. C- \$ 7- All Morning Classes \$7 or use your plan E - \$10- Economy Class, \$10 or use your plan K - \$5 Karma class, \$5 or use your plan. AF- <i>Ashtanga Flow - heat reduced</i> HF- Hatha Flow VF- Vinyasa Flow YP-Yoga Pilates The Class in GREEN is Holiday Schedule			Occasionally there may be a change of teachers.	