

Concord HOT YOGA WELLNESS™ July Schedule 905-660-8880 [www.hotyogawellness.com](http://www.hotyogawellness.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Please note</b> that: 1. All classes are Heated, unless otherwise stated 2. The classes are suitable for all levels. 3. * 60 minute class. **75 minute class.							
<b>Occasionally there may be a change of teachers.</b>	All Yoga classes are Wellness Foundation Flow unless otherwise stated. AF- Ashtanga Flow, heat reduced, MY- Yin Yang Mixed ED---Economy Zumba Dance, heat reduced YP-Yoga Pilates CP---Community Power CHF---Community Hatha Flow VF- Vinyasa Flow HF---Hatha flow <b>The Class in GREEN is Holiday Schedule</b>			<b>1 Canada Day</b>		<b>2</b>	
	E - Economy Class, \$10 drop-in or use your plan C--- All Morning Class are \$7 drop- in or use your plan K - Karma class, Hot Flow, donation to charity, \$5minimum cash; no plans can be applied.			10:00**C Ilya 12:00* Ilya		10:00** C Yasmin 12:00* Jacob  5:30*E Jessie 7:00*E Lisa K	
<b>4</b> 8:00*C Jaclyn 10:00**CP Jaclyn  8:30*E Ilya	<b>5</b> 9:30 **C Yasmin 12:00* Elena  5:30* Elena 7:00* Elena 8:30* Linda	<b>6</b> 7:00* C Elena 12:00*YP Lisa M  5:30*E Victoria 7:00*HF Victoria 8:30* Elena	<b>7</b> 9:30**CF Melissa 12:00*VF Jovita  5:30* Linda 7:00* Ilya 8:30* Ilya	<b>8</b> 7:00* C Jessie 12:00* Linda  5:30*E Lisa K 7:00* Jovita <b>8:30*AF Jovita</b>	<b>9</b> 9:30 **C Yasmin 12:00* Jaclyn  5:30*E Jessie 7:00*E Lisa K 8:30*K Lisa K	<b>10</b> 8:00**CHF Jaclyn 10:00**C Lisa K 12:00* Jacob	
<b>11</b> 8:00*C Melissa 10:00**CP Jaclyn 12:00* Jaclyn  <b>4:30*ED Marina</b> 6:30 **MY Linda 8:30*E Ilya	<b>12</b> 9:30 **C Yasmin 12:00* Elena  5:30* Elena 7:00* Elena 8:30* Linda	<b>13</b> 7:00* C Elena 12:00*YP Lisa M  5:30*E Victoria 7:00*HF Victoria 8:30* Elena	<b>14</b> 9:30**CF Melissa 12:00*VF Jovita  5:30* Linda 7:00* Ilya 8:30* Ilya	<b>15</b> 7:00* C Jessie 12:00* Linda  5:30*E Lisa K 7:00* Jovita <b>8:30*AF Jovita</b>	<b>16</b> 9:30 **C Yasmin 12:00* Jaclyn  5:30*E Jessie 7:00*E Lisa K 8:30*K Lisa K	<b>17</b> 8:00**C Melissa 10:00** C Lisa K 12:00* Jacob	
<b>18</b> 8:00*C Melissa 10:00**C Melissa 12:00* Yasmin  <b>4:30*ED Marina</b> 6:30 ** Melissa 8:30*E Ilya	<b>19</b> 9:30 **C Yasmin 12:00* Elena  5:30* Elena 7:00* Elena 8:30* Linda	<b>20</b> 7:00* C Elena 12:00*YP Lisa M  5:30*E Victoria 7:00*HF Victoria 8:30* Elena	<b>21</b> 9:30**CF Melissa 12:00*VF Jovita  5:30* Linda 7:00* Ilya 8:30* Ilya	<b>22</b> 7:00* C Jessie 12:00* Linda  5:30*E Lisa K 7:00* Jovita <b>8:30*AF Jovita</b>	<b>23</b> 9:30 **C Yasmin 12:00* Jaclyn  5:30*E Jessie 7:00*E Lisa K 8:30*K Lisa K	<b>24</b> 8:00**CHF Jaclyn 10:00**C Lisa K 12:00* Jacob	
<b>25</b> 8:00*C Melissa 10:00**CP Jaclyn 12:00* Jaclyn  <b>4:30*ED Marina</b> 6:30 **MY Linda 8:30*E Ilya	<b>26</b> 9:30 **C Yasmin 12:00* Elena  5:30* Elena 7:00* Elena 8:30* Linda	<b>27</b> 7:00* C Elena 12:00*YP Lisa M  5:30*E Victoria 7:00*HF Victoria 8:30* Elena	<b>28</b> 9:30**CF Melissa 12:00*VF Jovita  5:30* Linda 7:00* Ilya 8:30* Ilya	<b>29</b> 7:00* C Jessie 12:00* Linda  5:30*E Lisa K 7:00* Jovita <b>8:30*AF Jovita</b>	<b>30 Holiday Start!!</b>		
					31 10:00**C Lisa K 12:00* Jacob		