

Concord HOT YOGA WELLNESS January Schedule 905-660-8880

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please note that unless stated otherwise : 1. the classes with code: Pre, Plt, AF QY VF are Non-Heated, All the rest classes are Hot Flow. 2. The classes are suitable for all levels. 3. * 60 minute class. **75 minute Class.						
31 10:00** Jennfer 12:00* Jennifer 5:30*Plt Elena 7:00* Ilya 8:30*VF Dipa	Occasionally there may be a change of teachers. Pilates on 10th, 13th and 14th Free classes	Non-heated Room for the following classes: AF-----Ashtanga Flow Pre-----Prenatal yoga. Plt-----Pilates VF-----Vinyasa Flow QY-----Health Qigong and Yoga mixed YFE---Yoga For Everyone. \$5 only. TC-----Tai Chi Class Open Practice: Just come and practice for FREE! Pre-registration for: Prenatal yoga & Pilates Classes.			1 10:00** Sujun 12:00* Jacob Happy New Year!!	2 10:00** Linda 12:00* Sujun
3 10:00** Jennfer 12:00* Jennifer 2:00 7:00* Ilya 8:30*VF Dipa	4 12:00* Nora 5:30* Nora 7:00* Sujun 8:30* Sujun	5 12:00* Lisa 5:30* Bianca 7:00* Dorian 8:30* Linda	6 12:00* Nora 5:30* Linda 7:00* Ilya 8:30* Ilya	7 12:00* Linda 5:30* Jacob 7:00* Bonnie 8:30** Bonnie	8 12:00* Sujun 5:30* Ilya 7:00* Nora 8:30*YFE Nora	9 10:00** Linda 12:00* Sujun 2:00 Teacher Party
10 10:00** Jennfer 12:00* Jennifer 5:30*Plt Elena 7:00* Ilya 8:30*VF Dipa	11 9:30 Open Practice 12:00* Nora 5:30* Karen 7:00* Sujun 8:30* Sujun	12 9:30** Pre Nora 12:00* Lisa 5:30* Bianca 7:00* Dorian 8:30* Karen	13 9:30**Plt Elena 12:00*AF Jovita 5:30* Linda 7:00* Ilya 7:00*QY Sujun 8:30* Ilya	14 9:30**QY Sujun 12:00* Linda 5:30* Jacob 7:00* Jovita 7:00*Plt Elena 8:30** Jovita	15 9:30**TC Adola 12:00* Sujun 5:30* Ilya 7:00* Nora 8:30*YFE Nora	16 10:00** Linda 12:00* Sujun 2:00—5:00 Teacher Training
17 10:00** Jennfer 12:00* Jennifer 5:30*Plt Elena 7:00* Ilya 8:30*VF Dipa	18 9:30 Open Practice 12:00* Jovita 5:30* Karen 7:00* Sujun 8:30* Sujun	19 9:30** Pre Nora 12:00* Lisa 5:30* Bianca 7:00* Dorian 8:30* Karen	20 9:30**Plt Elena 12:00*AF Jovita 5:30* Linda 7:00* Ilya 7:00*QY Sujun 8:30* Ilya	21 9:30**QY Sujun 12:00* Linda 5:30* Jacob 7:00* Jovita 7:00*Plt Elena 8:30** Jovita	22 9:30**TC Adola 12:00* Sujun 5:30* Ilya 7:00* Nora 8:30*YFE Nora	23 10:00** Linda 12:00* Sujun 2:00—5:00 Teacher Training
24 10:00** Jennfer 12:00* Jennifer 5:30*Plt Elena 7:00* Ilya 8:30*VF Dipa	25 9:30 Open Practice 12:00* Jovita 5:30* Karen 7:00* Sujun 8:30* Sujun	26 9:30** Pre Nora 12:00* Lisa 5:30* Bianca 7:00* Dorian 8:30* Karen	27 9:30**Plt Elena 12:00*AF Jovita 5:30* Linda 7:00* Ilya 7:00*QY Sujun 8:30* Ilya	28 9:30**QY Sujun 12:00* Linda 5:30* Jacob 7:00* Jovita 7:00*Plt Elena 8:30** Jovita	29 9:30**TC Adola 12:00* Sujun 5:30* Ilya 7:00* Nora 8:30*YFE Nora	30 10:00** Linda 12:00* Sujun 2:00—5:00 Teacher Training