

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please note that: 1. All classes are Heated to "body temperature". 2. The classes are suitable for all levels. 3. * 60 minute class. **75 minute class, All the rest are 90 minute class.</p>						
<p>1 Holiday 10:00 Tina 12:00* Tina</p>	<p>2 Civic Day 9:30AF Sandy 12:00* Sandy 6:00 Nora 8:00** Nora</p>	<p>3 9:30 P Jennifer 12:00* Jennifer 5:00E Nora 7:00* Sujun 8:30* Sujun</p>	<p>4 9:30YP Lisa 12:00* HF Sandy 4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>5 9:30MX Danny 12:00* Danny 5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>6 9:30 YP Lisa 12:00* TBA 4:30**E Tina 6:30**E Tina</p>	<p>7 8:00 MX Jovita 10:00 Jovita 12:00* Jovita</p>
<p>8 8:00 E Tina 10:00 Danny 12:00* Danny 7:00* Sujun 8:30*E Jacob</p>	<p>9 9:30AF Sandy 12:00* Sandy 4:30* Danny 6:00 Nora 8:00** Nora</p>	<p>10 9:30 P Jennifer 12:00* Jennifer 5:00E Nora 7:00* Sujun 8:30* Sujun</p>	<p>11 9:30YP Lisa 12:00* HF Sandy 4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>12 9:30MX Danny 12:00* Danny 5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>13 9:30 Y Tracy 12:00* Tracy 4:30**E Nora 6:30**E Nora</p>	<p>14 8:00 MX Jovita 10:00 Jovita 12:00* Jovita</p>
<p>15 8:00 E Tina 10:00 Danny 12:00* Danny 7:00* Sujun 8:30*E Jacob</p>	<p>16 9:30AF Sandy 12:00* Sandy 4:30* Danny 6:00 Nora 8:00** Nora</p>	<p>17 9:30 P Jennifer 12:00* Jennifer 5:00E Nora 7:00* Sujun 8:30* Sujun</p>	<p>18 9:30YP Lisa 12:00* HF Sandy 4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>19 9:30MX Danny 12:00* Danny 5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>20 9:30 Y Tracy 12:00* Tracy 4:30**E BonnieC 6:30**E BonnieC</p>	<p>21 8:00 MX Jovita 10:00 Jovita 12:00* Jovita</p>
<p>22 8:00 E Tina 10:00 Danny 12:00* Danny 7:00* Sujun 8:30*E Jacob</p>	<p>23 9:30AF Sandy 12:00* Sandy 4:30* Danny 6:00 Nora 8:00** Nora</p>	<p>24 9:30 P Jennifer 12:00* Jennifer 5:00E Nora 7:00* Sujun 8:30* Sujun</p>	<p>25 9:30YP Lisa 12:00* HF Sandy 4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>26 9:30MX Danny 12:00* Danny 5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>27 9:30 Y Neesha 12:00* Neesha 4:30**E BonnieC 6:30**E BonnieC</p>	<p>28 8:00 MX Jovita 10:00 Jovita 12:00* Jovita</p>
<p>29 8:00 E Tina 10:00 Danny 12:00* Danny 7:00* Sujun 8:30*E Jacob</p>	<p>30 9:30AF Sandy 12:00* Sandy 4:30* Danny 6:00 Nora 8:00** Nora</p>	<p>31 9:30 P Jennifer 12:00* Jennifer 5:00E Nora 7:00* Sujun 8:30* Sujun</p>	<p>Occasionally there may be a change of teachers.</p>	<p>All Yoga classes are Hot Yoga Wellness Foundation Flow unless stated. HF - Hatha flow or hot fusion. YP- Yoga and Pilates Mx - HYW yoga styles. Y - Yin Yoga. VF- Vinyasa Flow AF - Ashtanga Flow P - Power Flow. E - Economy Class \$10 CASH drop- in or use your plan.</p>		