

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</p> <p>10:00 Tina 12:00* Tina</p>	<p>2 Civic Day</p> <p>9:30AF Sandy 12:00* Sandy</p> <p>6:00 Nora 8:00** Nora</p>	<p>3</p> <p>9:30 P Jennifer 12:00* Jennifer</p> <p>5:00E Nora 7:00* Sujun 8:30* Sujun</p>	<p>4</p> <p>9:30YP Lisa 12:00* HF Sandy</p> <p>4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>5</p> <p>9:30MX Danny 12:00* Danny</p> <p>5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>6</p> <p>9:30 YP Lisa 12:00* TBA</p> <p>4:30**E Tina 6:30**E Tina</p>	<p>7</p> <p>8:00 MX Jovita 10:00 Jovita 12:00* Jovita</p>
<p>8</p> <p>8:00 E Tina 10:00 Danny 12:00* Danny</p> <p>7:00* Sujun 8:30*E Jacob</p>	<p>9</p> <p>9:30AF Sandy 12:00* Sandy</p> <p>4:30* Danny 6:00 Nora 8:00** Nora</p>	<p>10</p> <p>9:30 P Jennifer 12:00* Jennifer</p> <p>5:00E Nora 7:00* Sujun 8:30* Sujun</p>	<p>11</p> <p>9:30YP Lisa 12:00* HF Sandy</p> <p>4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>12</p> <p>9:30MX Danny 12:00* Danny</p> <p>5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>13</p> <p>9:30 Y Tracy 12:00* Tracy</p> <p>4:30**E Nora 6:30**E Nora</p>	<p>14</p> <p>8:00 MX Jovita 10:00 Jovita 12:00* Jovita</p>
<p>15</p> <p>8:00 E Tina 10:00 Danny 12:00* Danny</p> <p>7:00* Sujun 8:30*E Jacob</p>	<p>16</p> <p>9:30AF Sandy 12:00* Sandy</p> <p>4:30* Danny 6:00 Nora 8:00** Nora</p>	<p>17</p> <p>9:30 P Jennifer 12:00* Jennifer</p> <p>5:00E Nora 7:00* Sujun 8:30* Sujun</p>	<p>18</p> <p>9:30YP Lisa 12:00* HF Sandy</p> <p>4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>19</p> <p>9:30MX Danny 12:00* Danny</p> <p>5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>20</p> <p>9:30 Y Tracy 12:00* Tracy</p> <p>4:30**E BonnieC 6:30**E BonnieC</p>	<p>21</p> <p>8:00 MX Jovita 10:00 Jovita 12:00* Jovita</p>
<p>22</p> <p>8:00 E Tina 10:00 Danny 12:00* Danny</p> <p>7:00* Sujun 8:30*E Jacob</p>	<p>23</p> <p>9:30AF Sandy 12:00* Sandy</p> <p>4:30* Danny 6:00 Nora 8:00** Nora</p>	<p>24</p> <p>9:30 P Jennifer 12:00* Jennifer</p> <p>5:00E Nora 7:00* Sujun 8:30* Sujun</p>	<p>25</p> <p>9:30YP Lisa 12:00* HF Sandy</p> <p>4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>26</p> <p>9:30MX Danny 12:00* Danny</p> <p>5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>27</p> <p>9:30 Y Neesha 12:00* Neesha</p> <p>4:30**E BonnieC 6:30**E BonnieC</p>	<p>28</p> <p>8:00 MX Jovita 10:00 Jovita 12:00* Jovita</p>
<p>29</p> <p>8:00 E Tina 10:00 Danny 12:00* Danny</p> <p>7:00* Sujun 8:30*E Jacob</p>	<p>30</p> <p>9:30AF Sandy 12:00* Sandy</p> <p>4:30* Danny 6:00 Nora 8:00** Nora</p>	<p>31</p> <p>9:30 P Jennifer 12:00* Jennifer</p> <p>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>		