

August

www. HotYogaWellnessWoodbridge.com

905-266-0894

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Please note that: 1. All classes are Heated. 2.All the classes are suitable for all levels. 3. * 60 minute. ** 75 minute. All the rest are 90 minute class. All Yoga classes are Hot Yoga Wellness Foundation Flow unless stated.							
Kid's Yoga: For Kid's Age 4 -12 50mins non-heated Class \$10 pre-register, an extra \$5 for each additional child in the same family Pre-register Only	1 Civic Day 9:30 AF Sandy 12:00* Sandy 8:00** Tina	2 9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun	3 9:30 HC Lisa 12:00*HF TBA 4:30* Elena 6:00 HC Elena 8:00** Elena	4 9:30 MX Jovita 12:00* Jovita 5:15**E Rebecca 7:00* Elena 8:30* Elena	5 9:30Y E Tracy 12:00* E Tiziana 4:30**E Tina 6:30**E Tina 8:30* C Michelle	6 8:00 E Jovita 10:00 Jovita 12:00* Jovita	
7 9:00 E Jennifer 11:00* Jennifer 7:00* Michelle 8:30*E Jacob	8 9:30 AF Sandy 12:00* Sandy 4:30* Tiziana 6:00 Tina 8:00** Michelle	9 9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun	10 9:30 HC Lisa 12:00*HF Mimi 4:30* Elena 6:00 HC Elena 8:00** Elena	11 9:30 MX Mimi 12:00* Tina 5:15**E Rebecca 7:00* Tina 8:30* Tina	12 9:30Y E Tracy 12:00* E Tiziana 4:30**E Tina 6:30**E Tina 8:30* C Michelle	13 8:00 E TBA 10:00 TBA 12:00* TBA	
14 9:00 E Jennifer 11:00* Jennifer 2:30 Kid's Yoga Pre-register only 7:00* Michelle 8:30*E Jacob	15 9:30 AF Sandy 12:00* Sandy 4:30* Tiziana 6:00 Tina 8:00** Michelle	16 9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun	17 9:30 HC Lisa 12:00*HF Mimi 4:30* Jovita 6:00 HC Jovita 8:00** Tina	18 9:30 MX Mimi 12:00* Tina 5:15**E Rebecca 7:00* Rebecca 8:30* Tina	19 9:30Y E Tina 12:00* E Mimi 4:30**E Tina 6:30**E Tina 8:30* C Michelle	20 8:00 E Jennifer 10:00 Jennifer 12:00* Jennifer 2:00* Tai-Chi Free Practice	
21 9:00 E Jennifer 11:00* Jennifer 7:00* Michelle 8:30*E Jacob	22 9:30 AF Sandy 12:00* Sandy 4:30* Tiziana 6:00 Tina 8:00** Michelle	23 9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun	24 9:30 HC Lisa 12:00*HF Mimi 4:30* Jovita 6:00 HC Jovita 8:00** Tina	25 9:30 MX Jovita 12:00* Jovita 5:15**E Rebecca 7:00* Rebecca 8:30* Tina	26 9:30Y E Tina 12:00* E Tiziana 4:30**E Jovita 6:30**E Jovita 8:30* C Michelle	27 8:00 E Jovita 10:00 Jovita 12:00* Jovita	
28 9:00 E Jennifer 11:00* Jennifer 2:30 Kid's Yoga Pre-register only 7:00* Michelle 8:30*E Jacob	29 9:30 AF Sandy 12:00* Sandy 4:30* Tiziana 6:00 Nora 8:00** Nora	30 9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun	31 9:30 HC Lisa 12:00*HF Mimi 4:30* Elena 6:00 HC Elena 8:00** Elena	AF - Ashtanga Flow P - Power Flow, All levels HC - Hot Core, focusing on core strengthening. Y - Yin Yoga. Long holds, deeper stretch. C - \$7 CASH drop - in or use your plan. E - Economy Class \$10 CASH drop - in or use your plan.			MX - Mixed yoga styles. HF - Hatha flow

Sat. 4:30pm classes; Sunday morning triple classes & Full Kids' Yoga classes will be back on schedule in the fall.