

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Please note</b> 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.							
<b>January 1 2012</b>  <b>Closed</b> <b>Happy New Year ☺</b>	2 9:30 AF Katie 12:00* Tiziana  4:30* Jessica 6:00YY Nora 8:00** Nora	3 9:30 P Jennifer 12:00* Jennifer  5:15**E Rebecca 7:00* Sujun 8:30* Sujun	4 9:30 HC Elena 12:00*MX Rebecca  4:30* Tiziana 6:00 HC Elena 8:00** Elena	5 9:30 MX Nora 12:00* Nora  5:15**E Jessica 7:00* Jessica 8:30* Jessica	6 9:30Y E Nora 12:00* E Jessica  4:30**E Katie 6:30**E Katie 8:30* C Tina	7 8:00HF E Jennifer 10:00 Jennifer 12:00* Jennifer  4:30* E Tina	
8 9:00 E Jessica 11:00* Jessica  7:00* Tina 8:30*E Jacob	9 9:30 AF Katie 12:00* Elena  4:30* Jessica 6:00YY Nora 8:00** Nora	10 9:30 P Jennifer 12:00* Jennifer  5:15**E Rebecca 7:00* Sujun 8:30* Sujun	11 9:30 HC Elena 12:00*MX Rebecca  4:30* Elena 6:00 HC Elena 8:00** Elena	12 9:30 MX Nora 12:00* Tiziana  5:15**E Jessica 7:00* Sandra 8:30* Sandra	13 9:30Y E Nora 12:00* E Jessica  4:30**E Sandra 6:30**E Sandra 8:30* C Tina	14 8:00HF E Jennifer 10:00 Jennifer 12:00* Jennifer  4:30* E Tina	
15 9:00 E Katie 11:00* Katie <b>2:30 Kid's Yoga</b> <b>Pre-register only</b> 7:00* Tina 8:30*E Jacob	16 9:30 AF Katie 12:00* Elena  4:30* Jessica 6:00YY Nora 8:00** Nora	17 9:30 P Jennifer 12:00* Jennifer  5:15**E Rebecca 7:00* Sujun 8:30* Sujun	18 9:30 HC Elena 12:00*MX Rebecca  4:30* Tiziana 6:00 HC Elena 8:00** Elena	19 9:30 MX Nora 12:00* Nora  5:15**E Jessica 7:00* Sandra 8:30* Sandra	20 9:30Y E Nora 12:00* E Jessica  4:30**E Sandra 6:30**E Sandra 8:30* C Tina	21 8:00HF E Jennifer 10:00 Jennifer 12:00* Jennifer  4:30* E Tina	
22 9:00 E Jessica 11:00* Jessica  7:00* Tina 8:30*E Jacob	23 9:30 AF Katie 12:00* Elena  4:30* Jessica 6:00YY Nora 8:00** Nora	24 9:30 P Jennifer 12:00* Jennifer  5:15**E Rebecca 7:00* Sujun 8:30* Sujun	25 9:30 HC Elena 12:00*MX Rebecca  4:30* Elena 6:00 HC Elena 8:00** Elena	26 9:30 MX Nora 12:00* Tiziana  5:15**E Jessica 7:00* Sandra 8:30* Sandra	27 9:30Y E Nora 12:00* E Jessica  4:30**E Sandra 6:30**E Sandra 8:30* C Tina	28 8:00HF E Jennifer 10:00 Jennifer 12:00* Jennifer  4:30* E Tina	
29 9:00 E Jessica 11:00* Jessica <b>2:30 Kid's Yoga</b> <b>Pre-register only</b> 7:00* Tina 8:30*E Jacob	30 9:30 AF Katie 12:00* Elena  4:30* Jessica 6:00YY Nora 8:00** Nora	31 9:30 P Jennifer 12:00* Jennifer  5:15**E Rebecca 7:00* Sujun 8:30* Sujun	<b>AF - Ashtanga Flow</b> <b>P - Power Flow, All levels</b> <b>YY - Combination of Yin &amp; Yang Practice, All levels.</b> <b>HC - Hot Core, focusing on core strengthening.</b> <b>Y - Yin Yoga. Long holds, deeper stretch.</b> <b>C - \$7 CASH drop - in or use your plan.</b> <b>E - Economy Class \$10 CASH drop - in or use your plan.</b>			<b>Kid's Yoga:</b> For Kid's Age 4 -12 50mins non-heated Class \$10 pre-register, an extra \$5 for each additional child in the same family <b>Pre-register Only</b>	