

July

www. HotYogaWellnessWoodbridge.com

905-266-0894

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><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.</p>						
<p><i>July 31<sup>st</sup> Civic Holiday Weekend</i></p> <p>9:00 E Jennifer 11:00* Jennifer 8:30*E Michelle</p>	<p><i>Aug. 1<sup>st</sup> Civic Day</i></p> <p>9:30 AF Sandy 12:00* Sandy 8:00** Tina</p>	<p><i>AF - Ashtanga Flow</i> <i>P - Power Flow, All levels</i> <i>HC - Hot Core, focusing on core strengthening.</i> <i>Y - Yin Yoga. Long holds, deeper stretch.</i></p> <hr/> <p><i>C - \$7 CASH drop - in or use your plan.</i> <i>E - Economy Class \$10 CASH drop - in or use your plan.</i></p>		<p><i>MX - Mixed yoga styles.</i> <i>HF - Hatha flow</i></p>	<p><i>July 1<sup>st</sup> Canada Day</i></p> <p>9:30 E Tiziana 12:00* E Tiziana 4:30**E Tina</p>	<p><i>2 Holiday Weekend</i></p> <p>8:00 E Jovita 10:00 Jovita 12:00* Jovita</p>
<p><i>3 Holiday Weekend</i></p> <p>8:00 E Jennifer 10:00 Jennifer 12:00* Jennifer 8:30*E Tina</p>	<p>4</p> <p>9:30 AF Sandy 12:00* Sandy 4:30* Tiziana 6:00 Tiziana 8:00** Michelle</p>	<p>5</p> <p>9:30 P Jennifer 12:00* Jennifer 5:15**E Mimi 7:00* Sujun 8:30* Sujun</p>	<p>6</p> <p>9:30 HC Lisa 12:00*HF Mimi 4:30* Tiziana 6:00 HC Elena 8:00** Elena</p>	<p>7</p> <p>9:30 MX Jovita 12:00* Jovita 5:15**E Rebecca 7:00* Rebecca 8:30* Rebecca</p>	<p>8</p> <p>9:30Y E Tina 12:00* E Tiziana 4:30**E Jovita 6:30**E Jovita 8:30* C Tina</p>	<p>9</p> <p>8:00 E Jovita 10:00 Jovita 12:00* Jovita</p>
<p>10</p> <p>9:00 E Jennifer 11:00* Jennifer <i>2:30 Kid's Yoga Pre-register only</i> 7:00* Michelle 8:30*E Jacob</p>	<p>11</p> <p>9:30 AF Sandy 12:00* Sandy 4:30* Tiziana 6:00 Tiziana 8:00** Michelle</p>	<p>12</p> <p>9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun</p>	<p>13</p> <p>9:30 HC Lisa 12:00*HF Mimi 4:30* Tiziana 6:00 HC Jovita 8:00** Jovita</p>	<p>14</p> <p>9:30 MX Jovita 12:00* Jovita 5:15**E Rebecca 7:00* Sandra 8:30* Sandra</p>	<p>15</p> <p>9:30Y E Tracy 12:00* E Tiziana 4:30**E Jovita 6:30**E Jovita 8:30* C Tina</p>	<p>16</p> <p>8:00 E Jovita 10:00 Jovita 12:00* Jovita 2:00* <b>Tai-Chi Free Practice</b></p>
<p>17</p> <p>9:00 E Jennifer 11:00* Jennifer 7:00* Michelle 8:30*E Jacob</p>	<p>18</p> <p>9:30 AF Sandy 12:00* Sandy 4:30* Tiziana 6:00 Tiziana 8:00** Michelle</p>	<p>19</p> <p>9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun</p>	<p>20</p> <p>9:30 HC Lisa 12:00*HF Mimi 4:30* Tiziana 6:00 HC Jovita 8:00** Jovita</p>	<p>21</p> <p>9:30 MX Jovita 12:00* Jovita 5:15**E Rebecca 7:00* Sandra 8:30* Sandra</p>	<p>22</p> <p>9:30Y E Tina 12:00* E Tina 4:30**E Sandra 6:30**E Sandra 8:30* C Tina</p>	<p>23</p> <p>8:00 E Jovita 10:00 Jovita 12:00* Jovita</p>
<p>24</p> <p>9:00 E Jennifer 11:00* Jennifer <i>2:30 Kid's Yoga Pre-register only</i> 7:00* Michelle 8:30*E Jacob</p>	<p>25</p> <p>9:30 AF Sandy 12:00* Sandy 4:30* Tiziana 6:00 Tiziana 8:00** Michelle</p>	<p>26</p> <p>9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun</p>	<p>27</p> <p>9:30 HC Lisa 12:00*HF Mimi 4:30* Tiziana 6:00 HC Elena 8:00** Elena</p>	<p>28</p> <p>9:30 MX Jovita 12:00* Jovita 5:15**E Rebecca 7:00* Sandra 8:30* Sandra</p>	<p>29</p> <p>9:30Y E Tracy 12:00* E Tiziana 4:30**E Sandra 6:30**E Sandra 8:30* C Tina</p>	<p>30</p> <p>8:00 E Jovita 10:00 Jovita 12:00* Jovita</p>

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