

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>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, medium to advanced levels. E - Economy Class \$10 drop- in or use your plan.</p>			<p>1 Canada Day 9:30MX Tina 12:00* Tina</p>	<p>2 Enjoy your 9:30 Y Tracy 12:00* Tracy 4:30**E Tina 6:30**E Tina</p>	<p>3 weekend 10:00 Jovita 12:00* Jovita</p>
	<p>4 Enjoy 10:00 Tina 12:00* Tina</p>	<p>5 9:30AF Sandy 12:00* Sandy 4:30* Danny 6:00 Tina 8:00** Tina</p>	<p>6 9:30 P Jennifer 12:00* Jennifer 5:00E Dorian 7:00* Dorian 8:30* Dorian</p>	<p>7 9:30YP Lisa 12:00* HF Sandy 4:30* Jacob 6:00YP Lisa 8:00 ** Lisa</p>	<p>8 9:30MX Danny 12:00* Danny 5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>9 9:30 Y Tracy 12:00* Tracy 4:30**E BonnieC 6:30**E BonnieC</p>
<p>11 8:00 E Tina 10:00 Danny 12:00* Danny 7:00* Jacob 8:30*E Jacob</p>	<p>12 9:30AF Sandy 12:00* Sandy 4:30* Danny 6:00 Tina 8:00** Tina</p>	<p>13 9:30 P Jennifer 12:00* Jennifer 5:00E Dorian 7:00* Dorian 8:30* Dorian</p>	<p>14 9:30YP Lisa 12:00* HF Sandy 4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>15 9:30MX Danny 12:00* Danny 5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>16 9:30 Y Tracy 12:00* Tracy 4:30**E BonnieC 6:30**E BonnieC</p>	<p>17 8:00MX TBA 10:00 TBA 12:00* TBA</p>
<p>18 8:00 E Tina 10:00 Danny 12:00* Danny 7:00* Sujun 8:30*E Jacob</p>	<p>19 9:30AF Sandy 12:00* Sandy 4:30* Danny 6:00 Tina 8:00** Tina</p>	<p>20 9:30 P Jennifer 12:00* Jennifer 5:00E Dorian 7:00* Dorian 8:30* Dorian</p>	<p>21 9:30YP Lisa 12:00* HF Sandy 4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>22 9:30MX Danny 12:00* Danny 5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>23 9:30 Y Linda 12:00* Linda 4:30**E BonnieC 6:30**E BonnieC</p>	<p>24 8:00MX Jovita 10:00 Jovita 12:00* Jovita</p>
<p>25 8:00 E Tina 10:00 Danny 12:00* Danny 7:00* Sujun 8:30*E Jacob</p>	<p>26 9:30AF Sandy 12:00* Sandy 4:30* Danny 6:00 Tina 8:00** Tina</p>	<p>27 9:30 P Jennifer 12:00* Jennifer 5:00E Dorian 7:00* Dorian 8:30* Dorian</p>	<p>28 9:30YP Lisa 12:00* HF Sandy 4:30* Tiziana 6:00YP Lisa 8:00 ** Lisa</p>	<p>29 9:30MX Danny 12:00* Danny 5:00E Tina 7:00*HF Tiziana 8:30*VF Tiziana</p>	<p>30 9:30 Y Tracy 12:00* Tracy 4:30**E Tina 6:30**E Tina</p>	<p>31 8:00MX Jovita 10:00 Jovita 12:00* Jovita</p>