

September

www. HotYogaWellnessWoodbridge.com

905-266-0894

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>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.</p>							
<p>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</p>	<p>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.</p>		<p>MX - Mixed yoga styles. HF - Hatha flow</p>		<p>1 9:30 MX Jovita 12:00* Jovita 5:15**E Michelle 7:00* Nora 8:30* Nora</p>	<p>2 9:30Y E Tina 12:00* E Tiziana 4:30**E Tina 6:30**E Tina 8:30* C Michelle</p>	<p>3 Long Weekend 8:00 E Jovita 10:00 Jovita 12:00* Jovita</p>
<p>4 Long Weekend 9:00 E Michelle 11:00* Michelle 8:30*E Tina</p>	<p>5 Labour Day 9:30 AF Sandy 12:00* Sandy</p>	<p>6 9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun</p>	<p>7 9:30 HC Lisa 12:00*HF Mimi 4:30* Tiziana 6:00 HC Elena 8:00** Elena</p>	<p>8 9:30 MX Jovita 12:00* Jovita 5:15**E Michelle 7:00* Sandra 8:30* Sandra</p>	<p>9 9:30Y E Nora 12:00* E Tiziana 4:30**E Sandra 6:30**E Sandra 8:30* C Tina</p>	<p>10 8:00 E Jovita 10:00 Jovita 12:00* Jovita</p>	
<p>11 9:00 E Jennifer 11:00* Jennifer 2:30 Kid's Yoga Pre-register only 7:00* Michelle 8:30*E Jacob</p>	<p>12 9:30 AF Sandy 12:00* Sandy 4:30* Tiziana 6:00 Nora 8:00** Nora</p>	<p>13 9:30 P Jennifer 12:00* Jennifer 5:15**E Tiziana 7:00* Sujun 8:30* Sujun</p>	<p>14 9:30 HC Lisa 12:00*HF Mimi 4:30* Tiziana 6:00 HC Elena 8:00** Elena</p>	<p>15 9:30 MX Jovita 12:00* Jovita 5:15**E Michelle 7:00* Sandra 8:30* Sandra</p>	<p>16 9:30Y E Nora 12:00* E Nora 4:30**E Sandra 6:30**E Sandra 8:30* C Tina</p>	<p>17 8:00 E Jovita 10:00 Jovita 12:00* Jovita 2:00* Tai-Chi Free Practice</p>	
<p>18 9:00 E Jennifer 11:00* Jennifer 7:00* Michelle 8:30*E Jacob</p>	<p>19 9:30 AF Sandy 12:00* Sandy 4:30* Nora 6:00 Nora 8:00** Nora</p>	<p>20 9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun</p>	<p>21 9:30 HC Lisa 12:00*HF Mimi 4:30* Michelle 6:00 HC Elena 8:00** Elena</p>	<p>22 9:30 MX Nora 12:00* Tina 5:15**E Michelle 7:00* Sandra 8:30* Sandra</p>	<p>23 9:30Y E Nora 12:00* E Tiziana 4:30**E Sandra 6:30**E Sandra 8:30* C Tina</p>	<p>24 8:00 E Jovita 10:00 Jovita 12:00* Jovita</p>	
<p>25 9:00 E Jennifer 11:00* Jennifer 2:30 Kid's Yoga Pre-register only 7:00* Michelle 8:30*E Jacob</p>	<p>26 9:30 AF Sandy 12:00* Sandy 4:30* Tiziana 6:00 Nora 8:00** Nora</p>	<p>27 9:30 P Jennifer 12:00* Jennifer 5:15**E Rebecca 7:00* Sujun 8:30* Sujun</p>	<p>28 9:30 HC Lisa 12:00*HF Mimi 4:30* Tiziana 6:00 HC Elena 8:00** Elena</p>	<p>29 9:30 MX Jovita 12:00* Jovita 5:15**E Michelle 7:00* Sandra 8:30* Sandra</p>	<p>30 9:30Y E Nora 12:00* E Tiziana 4:30**E Sandra 6:30**E Sandra 8:30* C Tina</p>		