

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Class Legend YM YogaMix Y Yin Kids Kids Yoga K Karma PN Prenatal A Ashtanga E Economy HF HathaFlow FAM Family Yoga VF Vinyasa Flow C Community CC-A Community - Ashtanga			1 9:30 Steph-90(Yin)E 12:15 Steph-60 4:30 Rima-75 6:15 Rima-60 8:00 Lorraine(A)90	2 9:30 Maria-75(E) 12:15 Maria-60 6:15 Jenny-75 8:00 Jenny-60	3 REDUCED CLASSES 9:30 Jen-75(HF)E 12:15 Lisa-60	4 9:00 Lisa-75 12:00 Eric-90(A)
5 10:00 Manija-75 12:00 Manija-60 1:30 Jessica(CC)60	6 LABOUR DAY 9:30 Jen-75(HF)E 12:15 Jen-60	7 9:30 Lorraine-75A(E) 12:15 Lisa-60 6:15 Darnell-75 8:00 Darnell-60	8 9:30 Lydia-90(Yin)E 12:15 Lisa-60 4:30 Lisa-60 6:15 Lisa-75 8:00 Jenni-Leigh(A)	9 9:30 Maria-75(E) 12:15 Maria-60 6:15 Talia-75 8:00 Talia-60	10 1st Year Anniversary Party 9:30 Jen-75(HF)E 12:15 Lisa-60 4:30 Maria-60 6:15 Maria-75 7:00 pm to 9:30 pm	11 9:00 Lisa-75 12:00 Eric-90(A)
12 10:00 Talia-75 12:00 Talia-60 1:30 Jessica(CC)60 7:00 Meditation-60	13 9:30 Jen-75(HF)E 12:15 Jen-60 4:30 Cancelled 6:15 Rima-75 8:00 Rima-60	14 9:30 Maria-75(E) 12:15 Maria-60 6:15 Christina-75 8:00 Christina-60	15 9:30 Steph-90(Yin)E 12:15 Steph-60 4:30 Lisa-60 6:15 Maria 8:00 Lorraine(A)90	16 6:15 Jenni-leigh-60(A) 9:30 Lisa-75(E) 12:15 Lisa-60 6:15 Jenny-75 8:00 Jenny-60	17 9:30 Jen-75(HF)E 12:15 Lisa-60 4:30 Lisa-60 6:15 Rima-75 8:00 Rima-60	18 9:00 Lisa-75 12:00 Eric-90(A)
19 10:00 Manija-75 12:00 Manija-60 1:30 Cancelled 4:00 Lisa-45(Kids) 5:00 Lisa-60(PN) Terry Fox Run 2-4 pm	20 9:30 Jen-75(HF)E 12:15 Jen-60 4:30 Lisa-60 6:15 Jackie-75 8:00 Jackie-60	21 9:30 Lisa-75(E) 12:15 Lisa-60 6:15 Darnell-75 8:00 Darnell-60	22 9:30 Lydia-90(Yin)E 12:15 Lisa-60 4:30 Lisa-60 6:15 Maria-75 8:00 Jenni-Leigh(A)	23 6:15 Jenni-leigh-60(A) 9:30 Talia-75€ 12:15 Talia-60 6:15 Maria-75 8:00 Maria-60	24 9:30 Jen-75(HF)E 12:15 Lisa-60 4:30 Lisa-60 6:15 Rima-75 8:00 Rima-60	25 9:00 Rima-75 12:00 Eric-90(A)
26 10:00 Talia-75 12:00 Talia-60 1:30 Jessica(CC)60 4:00 Lisa-45(Kids) 5:00 Lisa-60(PN) 7:00 Meditation-60	27 9:30 Jen-75(HF)E 12:15 Jen-60 4:30 Lisa-60 6:15 Rima-75 8:00 Rima-60	28 9:30 Maria-75(E) 12:15 Maria-60 6:15 Christina-75 8:00 Christina-60	29 9:30 Steph-90(Yin)E 12:15 Steph-60 4:30 Lisa-60 6:15 Maria-75 8:00 Jenni-Leigh(A)	30 6:15 Jenni-leigh-60(A) 9:30 Lisa-75(E) 12:15 Lisa-60 6:15 Jenny-75 8:00 Jenny-60		