

# January 2012: Hot Schedule



Hot Fusion Flow : Mindful Vinyasa : Mindful Vinyasa Level 2: Cleansing Vinyasa : Yogalite : Karma (no passes please)

1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
9:30(75) Mike 12:00(60) Mike  5:00(75) Jesse	<del>6:30(60) Catherin</del> 9:30(60) Sofia 10:45(45) Sofia  5:00(60) Erica 7:00(60) Megan 8:30(45) Megan	9:30(90) Megan  5:00(60) Justine 6:30(90) Justine 8:30 (60) Justine	6:30(60) Catherine 9:30 (60) Kim 12:00(60) Megan  5:00(75) Rose 7:00(60) Erica 8:30(60) Erica	9:30(75) Kiran 12:00(60) Erica  5:00(60) Trish 6:30(90) Trish 8:30(60) Trish	6:30(60) Joanne 9:30(75) Joanne 12:00(60) Bianca  5:00(75) Jesse 6:30(60) Jesse 8 :00 (60) Amanda	8:00(90) Kimberley 10:00(75) Rose 12:00(60) Rose
8 9:30(75) Mike 12:00(60) Mike  5:00(75) Jesse	9 6:30(60) Catherine 9:30(60) Sofia 10:45(45) Sofia  5:00(60) Erica 7:00(60) Erica 8:30(45) Kiran	10 9:30(90) Patricia  5:00(60) Erica 6:30(90) Erica 8:30 (60) Erica	11 6:30(60) Catherine 9:30 (60) Kim 12:00(60) Kimberley  5:00(75) Rose 7:00(60) Jennifer 8:30(60) Jennifer	12 9:30(75) Kiran 12:00(60) Erica  5:00(60) Trish 6:30(90) Sounds of Yoga 8:30(60) Trish	13 6:30(60) Catherine 9:30(75) Catherine 12:00(60) Bianca  5:00(75) Christine 6:30(60) Christine 8:00 (60) Andrea	14 8:00(90) Kimberley 10:00(75) Kimberley 12:00(60) Kimberley
15 9:30(75) Mike 12:00(60) Mike  5:00(75) Jesse	16 6:30(60) Catherine 9:30(60) Sofia 10:45(45) Sofia  5:00(60) Erica 7:00(60) Megan 8:30(45) Megan	17 9:30(90) Megan  5:00(60) Justine 6:30(90) Justine 8:30 (60) Justine	18 6:30(60) Catherine 9:30(60) Kim 12:00(60) Megan  5:00(75) Rose 7:00(60) Jennifer 8:30(60) Jennifer	19 9:30(75) Kiran 12:00(60) Erica  5:00(60) Trish 6:30(90) Trish 8:30(60) Trish	20 6:30(60) Joanne 9:30(75) Joanne 12:00(60) Justine  5:00(75) Jennifer 6:30(60) Jennifer 8 :00 (60) Andrea	21 8:00(90) Kimberley 10:00(75) Rose 12:00(60) Rose
22 9:30(75) Mike 12:00(60) Mike  5:00(75) Jesse	23 6:30(60) Catherine 9:30(60) Sofia 10:45(45) Sofia  5:00(60) Erica 7:00(60) Megan 8:30(45) Megan	24 9:30(90) Megan  5:00(60) Justine 6:30(90) Justine 8:30 (60) Justine	25 6:30(60) Catherine 9:30(60) Kim 12:00(60) Megan  5:00(75) Rose 7:00(60) Jennifer 8:30(60) Jennifer	26 9:30(75) Kiran 12:00(60) Erica  5:00(60) Trish 6:30(90) Trish 8:30(60) Trish	27 6:30(60) Catherine 9:30(75) Catherine 12:00(60) Bianca  5:00(75) Christine 6:30(60) Christine 8:00 (60) Andrea	28 8:00(90) Kimberley 10:00(75) Kimberley 12:00(60) Kimberley
29 9:30(75) Mike 12:00(60) Mike  5:00(75) Jesse	30 6:30(60) Catherine 9:30(60) Sofia 10:45(45) Sofia  5:00(60) Erica 7:00(60) Megan 8:30(45) Megan	31 9:30(90) Megan  5:00(60) Justine 6:30(90) Justine 8:30 (60) Justine				

**Yoga4Kids Workshop**  
January 15<sup>th</sup> – March 11<sup>th</sup>  
Sundays: 1:30-2:30pm  
\$120.00+ HST for 8 Sessions!

**Michael Siddall**  
January 14<sup>th</sup> 2012  
Anusara Principles & Depth  
2:00 – 4:00pm  
\$35,00 or \$90.00 for 3 Sessions

**Yoga for Teens Workshop**  
January 18<sup>th</sup> – March 28<sup>th</sup>  
Wednesdays: 4:45-5:45pm  
\$150.00+ HST for 10 Sessions!



# January 2012: Regular Schedule

Anusara Inspired : Yoga Geek : Ashtanga : Core Flow : Detox : Gentle Awareness : Hatha : Meditation : Pre-Natal : Yin

1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
9:00 (60) CANCELLED 11:00 Ash 1(90) Justine	12:00 Anusara Inspired (60) Kim  6:15 Ash 1/2(60) Kiran 7:30 Meditation (45) Kiran	12:00 Hatha 1(60) Megan  6:15 Yin (75) June	12:00 Anusara Inspired(60) Kim  6:00 Gentle(60)Kirstin 7:30 Detox(75) Kirstin	5:45 Pre-Natal(75)Megan 7:15 Core Flow(60)Megan 8:30 Bedtime Flow (45)Megan	9:30 Hatha Basic (75) June  6:30 Yoga Geek (75) Soni	10:00 Hatha1 (90) Kimberley 12:00 Hatha 1(60) Kimberley
8 9:00 Yoga Geek (60) Soni 11:00 Yoga Geek(90) Soni	9 12:00 Anusara Inspired (60) Kim  6:15 Ash 1/2(60) Kiran 7:30 Meditation (45) Kiran	10 12:00 Hatha 1(60) Patricia  6:15 Yin (75) June	11 12:00 Anusara Inspired(60) Kim  6:00 Gentle(60) Nitsa 7:30 Detox(75) Kirstin	12 5:45 Pre-Natal(75) Kirstin 7:15 Core Flow(60) Kirstin 8:30 Bedtime Flow (45) Kirstin	13 9:30 Hatha Basic (75) June  6:30 Yoga Geek(75)Soni	14 10:00 Hatha 1(90) Patricia 12:00 Hatha 1(60) Patricia
15 9:00 Ash Basic (60)Justine 11:00 Ash 1(90) Justine	16 12:00 Anusara Inspired (60) Kim  6:15 Ash 1/2(60) Kiran 7:30 Meditation (45) Kiran	17 12:00 Hatha 1(60) Megan  6:15 Yin (75) June	18 12:00 Anusara Inspired(60) Kim  6:00 Gentle(60) Nitsa 7:30 Detox(75) Kirstin	19 5:45 Pre-Natal(75)Megan 7:15 Core Flow(60)Megan 8:30 Bedtime Flow (45) Megan	20 9:30 Hatha Basic (75) June  6:30 Yoga Geek (75) Soni	21 10:00 Hatha 1(90) Kimberley 12:00 Hatha 1(60) Kimberley
22 9:00 Yoga Geek (60) Soni 11:00 Yoga Geek(90) Soni	23 12:00 Anusara Inspired (60) Kim  6:15 Ash 1/2 (60) Kiran 7:30 Meditation (45) Kiran	24 12:00 Hatha 1(60) Megan  6:15 Yin (75) June	25 12:00 Anusara Inspired(60) Kim  6:00 Gentle(60) Nitsa 7:30 Detox(75) Kirstin	26 5:45 Pre-Natal(75)Megan 7:15 Core Flow(60)Megan 8:30 Bedtime Flow (45) Megan	27 9:30 Hatha Basic (75) June  6:30 Yoga Geek (75) Soni	28 10:00 Hatha 1(90) Patricia 12:00 Hatha 1(60) Patricia
29 9:00 Ash Basic (60)Justine 11:00 Ash 1(90) Justine	30 12:00 Anusara Inspired (60) Kim  6:15 Ash ½ (60) Kiran 7:30 Meditation (45) Kiran	31 12:00 Hatha 1(60) Megan  6:15 Yin (75) June				

**Mom and Baby Workshop**  
Beginning January 11<sup>th</sup>, 2012  
Wednesdays: 1:30-2:45  
10 Sessions: \$150.00 + HST

**Aerial Yoga Demo**  
Monday's and Friday's  
Pre-Registration Required.  
Ask the Front Desk for Details!