

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|--|---|--|
| 8:30 -9:30 am Personal Training Sign up only - Studio A | | 8:30 -9:30 am Personal Training Sign up only - Studio A | | 9.30am -10.30am Hot Vinyasa Flow Instructor - Nicole | 8:30 - 9:30 am Non Hot Pilates Combo Instructor: Yvonne | 9:00-4:00 pm Yoga Teachers Training |
| | | | | | 9.45am - 10.45am Hot Vinyasa Flow Instructor - Yani | 9am - 1pm Pilates Teachers Training |
| 12.00-1.00 pm Non Hot Pilates Combo Instructor:Yvonne | 12:00 - 1:00 pm Non Hot Sweat &Sculpt Instructor- Susanna | 12:00 - 1:00 pm Non Hot Pilates Combo Instructor: Yvonne | 12:00 - 1:00 pm Non Hot Power Yoga Instructor: Renu | 12.00 - 1.00 pm Sweat & Sculpt Instructor - Sandra | | 9.30am - 10.30am Hatha Yoga Flow Yoga students |
| 5pm -5.45pm Hot Pilates Instructor - Yvonne | 5.00 pm - 6.00 pm Hot Pilates Cardio,Core & Crush Instructor - Yvonne | 5.00 pm - 6.00 pm Not Hot Bar Pilates Instructor : Yvonne | 5pm - 6pm Hot Pilates Instructor - Monika | | 11am - 12pm Hot Pilates Instructor - Sandra | 5.30pm - 6.30pm Hot Pilates Instructor - Monika |
| 5:30 - 6:30 pm Group Personal Training Sign up only - Studio B | | 5:30 - 6:30 pm Group Personal Training Sign up only - Studio B | 5:30 - 6:30 pm Group Personal Training Sign up only - Studio B | 5.30pm -6.20pm Pilates Ignite Non - Hot Instructor - Cristina | | 6.45pm -7.45pm Energizing Vinyasa Instructor - Alexia |
| 5.50PM - 6.50PM Bar & Band Pilates Non Hot Instructor - Yvonne | | | 6.15pm - 7.15pm Hatha Flow Hot Instructor - Renu | 6.30 pm -7.30pm Hot Vinyasa Flow Yoga Instructor - Chandrajit | | |
| 6.15pm -7.15pm Yin& Yang Flow Hot Instructor - Renu | 6.15 pm-7.15 pm Hatha Flow Yoga Non Hot Instructor - Cristina | 6.15 pm- 7.15 pm Hot Vinayasa Flow Yoga Instructor: Renu | 7.30 pm - 8.30 pm Mat Reformer Flow Hot Instructor - Stephanie | | | |
| | 7.30pm -8.30 pm Fire Core Pilates Hot Instructor - Cristina | 7.30pm - 8.30 pm Hot Bar Pilates Instructor-Monika | | | | |
| 7.30pm-8.30pm Hot Sculpt Yoga Instructor - Alexia | 7.45pm - 9pm Nurture - Restorative yoga Non Hot Instructor-Michelle | 7.45pm to 8.45pm. Zen Yoga Flow Non - Hot Instructor - Neelima | 7.45 pm - 8.45pm Vinyasa Flow Non Hot Instructor - Ivanna | | | |

Please Note: Group Personal Training is a sign up only and not part of class packages.

WWW.HOLISTICBODYWORX.CA 905-277-1010