

CLASS SCHEDULE FOR OCTOBER 2021

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	8:30 -9:30 am Personal Training Sign up only - Studio A	8:30 -9:30 am Personal Training Sign up only - Studio A	8:30 -9:30 am Personal Training Sign up only - Studio A	8:30 - 9:30 am Non Hot Pilates Combo Instructor: Yvonne	9:00-4:00 pm Yoga Teachers Training
12:00-1:00 pm Non Hot Pilates Combo Instructor: Yvonne	12:00 - 1:00 pm Non Hot Yoga with weights Instructor: Renu	12:00 - 1:00 pm Non Hot Pilates Combo Instructor: Yvonne	12:00 - 1:00 pm Non Hot Power Yoga Instructor: Renu			
5:30- 6:30 pm Hot Pilates Instructor - Yvonne	5.00 pm - 6.00 pm Hot Pilates Instructor: Yvonne	5.00 pm - 6.00 pm Not Hot Bar Pilates Instructor : Yvonne	5.00 pm - 6.00 pm Hot Pilates Instructor: Melinda	5:00- 6:00 PM Hot Pilates Instructor - Olaf		
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			5:30 - 6:30 pm Hot Pilates Instructor: Cristina
				6:30 - 7:30 pm Non Hot Yoga Strengenthing Instructor: Renu		
7:00 - 8:00 pm Non Hot Yin&Yang Flow Instructor - Renu	6.15 pm-7.15 pm Non Hot Hatha Flow Yoga Instructor: Cristina	6.15 pm- 7.15 pm Hot Vinayasa Flow Yoga Instructor: Renu	6.15 pm - 7.15 pm Hot Deep Flow Yoga Instructor : Michelle			
	7.30 pm-8.30 pm Hot Pilates Instructor -Pegah	7.30 PM-8.30 PM Hot Pilates Instructor - yvonne	7.30 pm - 8.30 pm Hot pilates (Booty Blast &Core) Instructor - Olaf			

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

WWW.HOLISTICBODYWORX.CA 905-277-1010