

**CLASS SCHEDULE FOR JANUARY 2020**

| Monday                                                                      | Tuesday                                                                     | Wednesday                                                                                   | Thursday                                                                    | Friday                                                                                     | Saturday                                                                                   | Sunday                                                          |
|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| 9:30 - 10:30 am<br>Non Hot<br>Strengthening Yoga<br><br>Instructor : Renu   | 9:30 - 10:30 am<br>Hot<br>Hatha Flow Yoga<br><br>Instructor- Afrinda        | 9.30 - 10.30am<br>Non Hot<br>Pilates Combo<br><br>Instructor: Sandra                        | 9:30 - 10:30 am<br>Non Hot<br>Hatha Flow Yoga<br><br>Instructor: Renu       | 9:30 - 10:30 am<br>Non Hot<br>Pilates Combo<br><br>Instructor : Sandra                     | 8:30 - 9:30 am<br>Pilates<br>Combo<br><br>Instructor: Yvonne                               |                                                                 |
|                                                                             | 12:00 - 1:00 pm<br>Body Sculpt<br><br>Instructor: Karina                    |                                                                                             |                                                                             | 12.00 - 1.00 pm<br>Yogalates<br><br>Instructor: Karina                                     | 9:30 - 10:30 am<br>Hot<br>Classical Flow Yoga<br><br>Instructor: Tony                      | 10.00 - 11:00 am<br>Pilates<br><br>Instructor: Melinda          |
| 12.00-1.00 pm<br>Non Hot<br>Pilates Combo<br><br>Instructor: Yvonne         | 5.00 - 6pm<br>Circuit Class<br>Non Hot StudioB<br><br>Instructor: Yvonne    | 12:00 - 1:00 pm<br>Non Hot<br>Hatha Flow Yoga<br><br>Instructor: Yvonne                     | 12:00 - 1:00 pm<br>Barre<br>Pilates Combo<br><br>Instructor: Yvonne         |                                                                                            | <b>10:45 - 11:45 am</b><br><b>Shape Evolution</b><br><b>NEW</b><br><br>Instructor: Marcela |                                                                 |
| 5:00 - 6:00 pm<br>Hot Pilates<br><br>Instructor: Yvonne                     | 5.00 - 6.00 pm<br>Hot Pilates<br><br>Instructor: Amanda                     | 5:00 - 6:00 pm<br>Hot Pilates Combo<br><br>Instructor: Yvonne                               | 5:00 - 6:00 pm<br>Hot Pilates<br><br>Instructor: Melinda                    | 4.30pm -5.15pm<br>Non Hot Yoga<br>Kids&Teen Yoga<br><br>Instructor: Renu                   |                                                                                            |                                                                 |
| 5:30 - 6:30 pm<br>Group<br>Personal Training<br><br>Sign up only - Studio B | 5:00 - 6:00 pm<br>Group<br>Personal Training<br><br>Sign up only - Studio B | 5:30 - 6:30 pm<br>Group<br>Personal Training<br><br>Sign up only - Studio B                 | 5:30 - 6:30 pm<br>Group<br>Personal Training<br><br>Sign up only - Studio B | 5:30 - 6:30 pm<br>Hot Pilates<br><br>Instructor - Olaf                                     |                                                                                            | 5:30 - 6:30 pm<br>Hot Pilates<br><br>Instructor: Angela         |
| 6:10 - 7:10 pm<br>Hot Vinyasa<br>Yoga<br><br>Instructor: Alex               | 6:10 - 7:10 pm<br>Hot Hatha<br>Flow Yoga<br><br>Instructor: Cristina        | 6:10 - 7:10 pm<br>Non Hot Barre<br>Pilates<br><br>Instructor: Yvonne                        | 6:10 - 7:10 pm<br>Hot Deep Flow<br>Yoga<br><br>Instructor : Linh            | <b>6:30 - 7:30 pm</b><br><b>Prenatal Yoga</b><br><b>NEW</b><br><br>Instructor- Afrinda     |                                                                                            |                                                                 |
| 6:30 - 7:30 pm<br>Body Sculpt<br>Studio B<br><br>Instructor: marcela        |                                                                             | <b>6:30 - 7:30 pm</b><br><b>Prenatal Yoga</b><br><b>NEW</b><br><br>Instructor- Afrinda      | 6:30 - 7:30 pm<br>Classical Pilates<br>Studio B<br><br>Instructor: Angela   |                                                                                            |                                                                                            |                                                                 |
| 7:20 - 8:20 pm<br>Hot Pilates<br><br>Instructor- Amanda                     | 7:20 - 8:20 pm<br>Hot Pilates<br><br>Instructor: Cristina                   | 7:20 - 8:20 pm<br>Hot<br>Yin & Yang Flow Yoga<br><br>Instructor: Minja                      | 7:20 - 8:20 pm<br>Hot Pilates<br><br>Instructor: Amanda                     | <b>7:00 - 8:00 pm</b><br><b>Hot</b><br><b>Hatha Flow Yoga</b><br><br>Instructor: Katherine |                                                                                            | 7:00 - 8:00 pm<br>Hot<br>Hatha Flow Yoga<br><br>Instructor: Amy |
| 8:30 - 9:30 pm<br>Hot<br>Hatha Flow Yoga<br><br>Instructor: Amy             | 8:30 - 9:30 pm<br>Hot<br>Yin Yoga<br><br>Instructor: Minja                  | 8:30 - 9:30 pm<br><b>Warm Candle light</b><br><b>Yoga</b><br><b>NEW</b><br>Instructor: Alex | 8:30- 9:30 pm<br>Mindful Movement<br>Flow Yoga<br><br>Instructor: Michelle  |                                                                                            |                                                                                            |                                                                 |

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

**WWW.HOLISTICBODYWORX.CA 905-277-1010**