

## CLASS SCHEDULE FOR SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30 am Strengthening Yoga Instructor : Renu	9:30 - 10:30 am Hatha Flow Yoga Instructor- Renu	9.30 - 10.30am Pilates Combo Instructor: Sandra	9:30 - 10:30 am Gentle Flow Yoga Instructor: Renu	9:30 - 10:30 am Pilates Combo Instructor : Sandra	8:30 - 9:30 am Pilates Combo Instructor: Yvonne	
	12:00 - 1:00 pm Body Sculpt Instructor: Karina			12.00 - 1.00 pm Yogalates Instructor: Karina	10:00 -11:00 am Classical Flow Yoga Instructor: Tony	<b>10.00 - 11:00 am</b> <b>HIIT WORKOUTS</b> <b>Instructor:Sandra</b>
12.00-1.00 pm Pilates Combo Instructor:Yvonne		12:00 - 1:00 pm Hatha Flow Yoga Instructor: Yvonne	12:00 - 1:00 pm Pilates Combo Instructor: Yvonne		<b>11:30- 12:30 am</b> <b>Shape Evolution</b> <b>Instructor: Marcela</b>	
5:00 - 6:00 pm Pilates Instructor: Yvonne	<b>5.00 - 6.00 pm</b> <b>Tabata Workouts</b> <b>Instructor;yvonne</b>	5:00 - 6:00 pm Pilates Instructor: Yvonne	5:00 - 6:00 pm Pilates Instructor: Melinda			
5:30 - 6:30 pm Group Personal Training Sign up only - Studio B	5:00 - 6:00 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	5:00 - 6:00pm Pilates Instructor - Olaf		5:30 - 6:30 pm Pilates Instructor: Yvonne
6.30PM-7.30PM Vinyasa Yoga Instructor: Cristina	6:30 - 7:30 pm Pilates Instructor: Cristina		6:30 - 7:30 pm Deep Flow Yoga Instructor : Linh	<b>6:30 - 7:30 pm</b> <b>Mindfull Movement</b> <b>Flow Yoga</b> <b>Instructor- Michelle</b>		
<b>7:00 - 8:00 pm</b> <b>Pilates</b> <b>Studio B</b> <b>Instructor: Marcela</b>		6:30 - 7:30 pm Yin & Yang Flow Yoga instructor:Renu				
8.00 - 9:00 pm Hatha Flow Yoga Instructor: Amy	8:00 - 9:00 pm Power Yoga Instructor: Cristina	<b>7pm-8pm</b> <b>Pilates in Park</b> <b>outdoors!</b> <b>Instructor:Amanda</b>	<b>8:00 -9:00 pm</b> <b>pilates combo</b> <b>Instructor:Marcela</b>			7:00 - 8:00 pm Hatha Flow Yoga Instructor:cristina

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

[WWW.HOLISTICBODYWORX.CA](http://WWW.HOLISTICBODYWORX.CA) 905-277-1010