

THORNHILL February 2010



Thornhill Studio - 1416 Centre Street, Unit 9 + 10 905.882.TREE

Richmond Hill Studio - 360 Highway 7 East Unit 1 905.882.YOGA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6	7
9:30am	Hatha 75 mins (Mary) ॐ	Iyengar (Deborah)	R. Heat 75mins (Jason) ॐॐ	Iyengar (Deborah)	Reduced Heat (Susanne) ॐ ॐॐ	10am Hot Yoga (Lina) ॐॐ	10am Hatha (Karin) ॐ
12:30pm	Reduced Heat 1hr \$10 (Lina) ॐ	Hatha 75 m \$10(Susanne) ॐ	R. Heat 75mins \$10 (Pam) ॐॐ	R. Heat 75mins \$10 (Zoe) ॐ	Hot Yoga 75m \$10 (Jason) ॐ	12pm Hot Yoga 75m (Lina) ॐॐ	
4:30pm	Reduced Heat 75 mins (Zoe) ॐ	Hatha 75 mins (Pam) ॐ	Hot Yoga 75 mins (Zoe) ॐॐ	Hatha Flow 75m (Paula) ॐॐ	Hatha Flow 75mins (Karin) ॐॐ ॐ		
6:00pm	Hot Yoga (Karin) ॐॐ	Hatha (Jason) ॐॐॐ	Hot Yoga (Zoe) ॐॐ	Ashtanga (Paula) ॐॐ	R. Heat 75mins E \$7 (Karin)		4pm Hot Yoga (Karin) ॐॐॐ
8:00pm	Hot Yoga (Karin) ॐॐ	Hatha (Luke) ॐ	Reduced Heat (Robina) ॐॐ	Restorative 75 mins (Mary) ॐ			
	4	9	10	11	12	13	14
9:30am	Hatha 75 mins (Mary) ॐ	Iyengar (Deborah)	R. Heat 75mins (Jason) ॐॐ	Iyengar (Deborah)	Reduced Heat (Susanne) ॐ	10am Hot Yoga (Jason) ॐॐ	10am Hatha (Karin) ॐ
12:30pm	Reduced Heat 1hr (Lina) ॐ	Hatha 75 m \$10(Susanne) ॐ	R. Heat 75mins \$10 (Pam) ॐॐ	R. Heat 75mins \$10 (Zoe) ॐॐ	Hot Yoga 75m \$10 (Jason) ॐॐ	12pm Hot Yoga 75m (Jason) ॐॐ	
4:30pm	Reduced Heat 75 mins (Zoe) ॐ	Hatha 75 mins (Pam) ॐ	Hot Yoga 75 mins (Zoe) ॐॐ	Hatha Flow 75m (Paula) ॐॐ	Hatha Flow 75mins (Karin) ॐॐ ॐ		4pm Hot Yoga (Karin) ॐॐॐ
6:00pm	Hot Yoga (Karin) ॐॐ	Hatha (Jason) ॐॐॐ	Hot Yoga (Zoe) ॐॐ	Ashtanga (Paula) ॐॐ	R. Heat 75mins E\$7 (Karin)		
8:00pm	Hot Yoga (Karin) ॐॐ	Hatha (Luke) ॐ	Reduced Heat (Robina) ॐॐ	Restorative 75 mins (Mary) ॐ			
	15	16	17	18	19	20	21
9:30am	Hatha 75 mins (Mary) ॐ	Iyengar (Deborah)	R. Heat 75mins (Jason) ॐॐ	Iyengar (Deborah)	Reduced Heat (Susanne) ॐ	10am Hot Yoga (Lina) ॐॐ	10am Hatha (Karin) ॐ
12:30pm	Reduced Heat 1hr \$10 (Lina) ॐ	Hatha 75 m \$10(Susanne) ॐ	R. Heat 75mins \$10 (Pam) ॐॐ	R. Heat 75mins \$10 (Zoe) ॐ	Hot Yoga 75m \$10 (Jason) ॐॐ	12pm Hot Yoga 75m (Lina) ॐॐ	
4:30pm	Reduced Heat 75 mins (Zoe) ॐ	Hatha 75 mins (Pam) ॐ	Hot Yoga 75 mins (Zoe) ॐॐ	Hatha Flow 75m (Paula) ॐॐ	Hatha Flow 75mins (Karin) ॐॐ ॐ		4pm Hot Yoga (Karin) ॐॐॐ
6:00pm	Hot Yoga (Karin) ॐॐ	Hatha (Jason) ॐॐॐ	Hot Yoga (Zoe) ॐॐ	Ashtanga (Paula) ॐॐ	R. Heat 75mins E \$7 (Karin)		
8:00pm	Hot Yoga (Karin) ॐॐ	Hatha (Luke) ॐ	Reduced (Robina)	Restorative 75 mins (Mary) ॐ			
	22	23	24	25	26	27	28
9:30am	Hatha 75 mins (Mary) ॐ	Iyengar (Deborah)	R. Heat 75mins (Jason) ॐॐ	Iyengar (Deborah)	Reduced Heat (Susanne) ॐ	10am Hot Yoga (Jason) ॐॐ	10am Hatha (Karin) ॐ
12:30pm	Reduced Heat 1hr \$10 (Lina) ॐ	Hatha 75 m \$10(Susanne) ॐ	R. Heat 75mins \$10 (Pam) ॐॐ	R. Heat 75mins \$10 (Zoe) ॐ	Hot Yoga 75m \$10 (Jason) ॐॐ	12pm Hot Yoga 75m (Jason) ॐॐ	
4:30pm	Reduced Heat 75 mins (Zoe) ॐ	Hatha 75 mins (Pam) ॐ	Hot Yoga 75 mins (Zoe) ॐॐ	Hatha Flow 75m (Paula) ॐॐ	Hatha Flow 75mins (Karin) ॐॐ ॐ		4pm Hot Yoga (Karin) ॐॐॐ
6:00pm	Hot Yoga (Karin) ॐॐ	Hatha (Jason) ॐॐॐ	Hot Yoga (Zoe) ॐॐ	Ashtanga (Paula) ॐॐ	R. Heat 75mins E \$7 (Karin)		
8:00pm	Hot Yoga (Karin) ॐॐ	Hatha (Luke) ॐ	Reduced Heat (Robina) ॐॐ	Restorative 75 mins (Mary) ॐ			
	25	26	27	28			
9:30am	Hatha 75 mins (Mary) ॐ	Iyengar (Deborah)	R. Heat 75mins (Jason) ॐॐ	Iyengar (Deborah)			
12:30pm	Reduced Heat 1hr \$10 (Lina) ॐ	Hatha 75 m \$10(Susanne) ॐ	R. Heat 75mins \$10 (Pam) ॐॐ	R. Heat 75mins \$10 (Zoe) ॐ			
4:30pm	Reduced Heat 75 mins (Zoe) ॐ	Hatha 75 mins (Pam) ॐ	Hot Yoga 75 mins (Zoe) ॐॐ	Hatha Flow 75m (Paula) ॐॐ			
6:00pm	Hot Yoga (Karin) ॐॐ	Hatha (Jason) ॐॐॐ	Hot Yoga (Zoe) ॐॐ	Ashtanga (Paula) ॐॐ			
8:00pm	Hot Yoga (Karin) ॐॐ	Hatha (Luke) ॐ	Reduced Heat (Robina) ॐॐ	Restorative 75 mins (Mary) ॐ			

RICHMOND HILL February 2010



Richmond Hill Studio - 360 Highway 7 East Unit 1 905.882.YOGA Thornhill Studio - 1416 Centre Street, Unit 9 + 10 905.882.TREE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am	1 Hot Yoga 1Hr (Lina) ॐ	2	3 Reduced Heat 1Hr (Lina) ॐ	4	5	6	7
9:30am	Hot Yoga 75 mins (Lina) ॐ	Hot Yoga (Karin) ॐ	Hot Yoga 75 mins (Lina) ॐ	Hot Yoga (Karin) ॐ	Gentle Hatha (Mary) ॐ	8:15am Hot Yoga 75m (Zoe) ॐ	8am Hot Yoga (Lina) ॐ
9:45am	Iyengar (Deborah)	Hatha (Susanne) ॐ	Hatha Flow 75 m(Nash) ॐ	Hatha (Susanne) ॐ	Iyengar (Anne Marie) Forward/Twist	10am Hot Yoga (Zoe) ॐ	10am Iyengar (Tom) Standing
12:30pm	Reduced Heat 1hr \$10 (Pam) ॐ	Hot Yoga 1hr \$10 (Jason) ॐ	Reduced Heat 1hr \$10 (Zoe) ॐ	Hot Yoga 1hr \$10 (Jason) ॐ	Hot Yoga 1hr \$10 (Marco) ॐ	10am Hatha (Lisa) ॐ	10am Hot Yoga (Lina) ॐ
4:30pm	Reduced Heat 1hr (Pam) ॐ	Reduced Heat 75min (Zoe) ॐ	Reduced Heat (Nash) ॐ	Reduced Heat 75min (Zoe) ॐ		12pm Reduced Heat 75mins (Lisa) ॐ	2pm Kripalu (Kat) ॐ
5:45pm	Hatha Flow 75mins (Pam) ॐ	Hatha 75mins (Mary) ॐ	Reduced Heat 1 hr(Karin) ॐ	Restorative 75mins (Mary) ॐ	5:30pm R.Heat 1hr E\$7(Zoe)	12pm Hatha Flow 75mins (Pam) ॐ	2pm Reduced Heat (Eleonora) ॐ
6:15pm	Hot Yoga 75m (Robina) ॐ	Hot Yoga 75mins (Zoe) ॐ	Hot Yoga 75mins (Jason) ॐ	R Heat Vinyasa 75mins (Zoe) ॐ	5:30pm Hot Yoga 1Hr E\$7 (Robina)	2pm Restorative (Mary) ॐ	
7:15pm	Hatha Flow (Akshaya) ॐ	Restorative (Mary) 75mins ॐ	Reduced Heat 75 mins (Lina) ॐ	Hatha Flow 75m (Eleonora) ॐ	6:45pm Hot Yoga 75min E\$7 (Robina)		4pm Hatha Flow 75 mins(Kat) ॐ
8:00pm	Hot Yoga (Robina) ॐ	Reduced Heat Ashtanga (Zoe) ॐ	Hot Yoga (Jason) ॐ	Hot Yoga (Akshaya) ॐ	7:00pm R. Heat 1hr E\$7 (Zoe)		4pm Hot Yoga (Eleonora) ॐ
44	Hatha Flow 75min (Akshaya) ॐ		Ashtanga 75m(Lina) ॐ				
6:30am	8 Hot Yoga 1Hr (Lina) ॐ	9	10 Reduced Heat 1Hr (Lina) ॐ	11	12	13	14
9:30am	Hot Yoga 75 mins (Lina) ॐ	Hot Yoga (Karin) ॐ	Hot Yoga 75 mins (Lina) ॐ	Hot Yoga (Karin) ॐ	Gentle Hatha (Mary) ॐ	8:15am Hot Yoga 75m (Zoe) ॐ	8am Hot Yoga (Lina) ॐ
9:45am	Iyengar (Deborah)	Hatha (Susanne) ॐ	Hatha Flow 75 m(Nash) ॐ	Hatha (Susanne) ॐ	Iyengar (Anne Marie) Forward/Twist	10am Hot Yoga (Zoe) ॐ	10am Iyengar (Tom) Forward/Twist
12:30pm	Reduced Heat 1hr \$10 (Pam) ॐ	Hot Yoga 1hr \$10 (Jason) ॐ	Reduced Heat 1hr \$10 (Zoe) ॐ	Hot Yoga 1hr \$10 (Jason) ॐ	Hot Yoga 1hr \$10 (TBA) ॐ	10am Hatha (Lisa) ॐ	10am Hot Yoga (Lina) ॐ
4:30pm	Reduced Heat 1hr (Pam) ॐ	Reduced Heat 75min (Zoe) ॐ	Reduced Heat (Nash) ॐ	Reduced Heat 75min (Zoe) ॐ		12pm Reduced Heat 75mins (Lisa) ॐ	2pm Kripalu (Kat) ॐ
5:45pm	Hatha Flow 75mins (Pam) ॐ	Hatha Flow75mins(Mary) ॐ	Reduced Heat 1 hr(Karin) ॐ	Restorative 75mins (Mary) ॐ	5:30pm R.Heat 1hr E\$7(Zoe)	12pm Hatha Flow 75mins (Pam) ॐ	2pm Reduced Heat (Eleonora) ॐ
6:15pm	Hot Yoga 75m (TBA) ॐ	Hot Yoga 75mins (Zoe) ॐ	Hot Yoga 75mins (Jason) ॐ	R Heat Vinyasa 75mins (Zoe) ॐ	5:30pm Hot Yoga 1Hr E\$7 (Robina)	2pm Restorative (Mary) ॐ	
7:15pm	Hatha Flow (Akshaya) ॐ	Restorative (Mary) 75mins ॐ	Reduced Heat 75 mins (Lina) ॐ	Hatha Flow 75m (Eleonora) ॐ	6:45pm Hot Yoga 75min E\$7 (Robina)		4pm Hatha Flow 75 mins(Kat) ॐ
8:00pm	Hot Yoga (TBA) ॐ	Reduced Heat Ashtanga (Deb) ॐ	Hot Yoga (Jason) ॐ	Hot Yoga (Akshaya) ॐ	7:00pm R. Heat 1hr E\$7 (Zoe)		4pm Hot Yoga (Eleonora) ॐ
8:45pm	Hatha Flow 75min (Akshaya) ॐ		Ashtanga 75m (Lina) ॐ				
6:30am	15 Hot Yoga (Lina)-Cancelled	16	17 Reduced Heat 1Hr (Lina) ॐ	18	19	20	21
9:30am	Hot Yoga 75 mins (Lina) ॐ	Hot Yoga (Karin) ॐ	Hot Yoga 75 mins (Lina) ॐ	Hot Yoga (Karin) ॐ	Gentle Hatha (Mary) ॐ	8:15am Hot Yoga 75m (Zoe) ॐ	8am Hot Yoga(Lina) ॐ
9:45am	Iyengar (Deborah)	Hatha (Susanne)	Hatha Flow 75 (Nash) ॐ	Hatha (Susanne) ॐ	Iyengar (Anne Marie) Back Bends	10am Hot Yoga (Zoe) ॐ	10am Iyengar (Tom) Back Bends
12:30pm	Reduced Heat 1hr \$10 (Pam) ॐ	Hot Yoga 1hr \$10 (Jason) ॐ	Reduced Heat 1hr \$10 (Zoe) ॐ	Hot Yoga 1hr \$10 (Jason) ॐ	Hot Yoga 1hr \$10 (Marco) ॐ	10am Hatha (Lisa) ॐ	10am Hot Yoga (Lina) ॐ
4:30pm	Reduced Heat 1hr (Pam) ॐ	Reduced Heat 75min (Zoe) ॐ	Reduced Heat (Nash) ॐ	Reduced Heat 75min (Zoe) ॐ		12pm Reduced Heat 75mins (Lisa) ॐ	2pm Kripalu (Kat) ॐ
5:45pm	Hatha Flow 75mins (Pam) ॐ	Hatha Flow75mins(Mary) ॐ	Reduced Heat 1 hr(Karin) ॐ	Restorative 75mins (Mary) ॐ	5:30pm R.Heat 1hr E\$7(Zoe)	12pm Hatha Flow 75mins (Pam) ॐ	2pm Reduced Heat (Eleonora) ॐ
6:15pm	Hot Yoga 75m (TBA) ॐ	Hot Yoga 75mins (Zoe) ॐ	Hot Yoga 75mins (Jason) ॐ	R. Heat Vinyasa 75mins (Zoe) ॐ	5:30pm Hot Yoga 1Hr E\$7 (Robina)	2pm Restorative (Mary) ॐ	
7:15pm	Hatha Flow (Akshaya) ॐ	Restorative (Mary) 75mins ॐ	Reduced Heat 75 mins (Lina) ॐ	Hatha Flow 75m (Eleonora) ॐ	6:45pm Hot Yoga 75min E\$7 (Robina)		4pm Hatha Flow 75 mins(Kat) ॐ
8:00pm	Hot Yoga (TBA) ॐ	Reduced Heat Ashtanga (Deb) ॐ	Hot Yoga (Jason) ॐ	Hot Yoga (Akshaya) ॐ	7:00pm R. Heat 1hr E\$7 (Zoe)		4pm Hot Yoga (Eleonora) ॐ
8:45pm	Hatha Flow (Akshaya) Cancelled		Ashtanga 75m(Lina) ॐ				
6:30am	22 Hot Yoga 1Hr (Lina) ॐ	23	24 Reduced Heat 1Hr (Lina) ॐ	25	26	27	28
9:30am	Hot Yoga 75 mins (Lina) ॐ	Hot Yoga (Karin) ॐ	Hot Yoga 75 mins (Lina) ॐ	Hot Yoga (Karin) ॐ	Gentle Hatha (Mary) ॐ	8:15am Hot Yoga 75m (Zoe) ॐ	8am Hot Yoga(Jason) ॐ
9:45am	Iyengar (Deborah)	Hatha (Susanne) ॐ	Hatha Flow 75 (Nash) ॐ	Hatha (Susanne) ॐ	Iyengar (Anne Marie) Back Bends	10am Hot Yoga (Zoe) ॐ	10am Iyengar (Tom) Miscell
12:30pm	Reduced Heat 1hr \$10 (Pam) ॐ	Hot Yoga 1hr \$10 (Jason) ॐ	Reduced Heat 1hr \$10(Zoe) ॐ	Hot Yoga 1hr \$10 (Jason) ॐ	Hot Yoga 1hr \$10 (Marco) ॐ	10am Hatha (Lisa) ॐ	10am Hot Yoga (Jason) ॐ
4:30pm	Reduced Heat 1hr (Pam) ॐ	Reduced Heat 75min (Zoe) ॐ	Reduced Heat (Nash) ॐ	Reduced Heat 75min (Zoe) ॐ		12pm Reduced Heat 75mins (Lisa) ॐ	2pm Kripalu (Kat) ॐ
5:45pm	Hatha Flow 75mins (Pam) ॐ	Hatha Flow75mins(Mary) ॐ	Reduced Heat 1 hr(Karin) ॐ	Restorative 75mins (Mary) ॐ	5:30pm R.Heat 1hr E\$7(Zoe)	12pm Hatha Flow 75mins (Pam) ॐ	2pm Reduced Heat (Eleonora) ॐ
6:15pm	Hot Yoga 75m (Robina) ॐ	Hot Yoga 75mins (Zoe) ॐ	Hot Yoga 75mins (Jason) ॐ	R. Heat Vinyasa 75mins (Zoe) ॐ	5:30pm Hot Yoga 1Hr E\$7 (Robina)	2pm Restorative (Mary) ॐ	
7:15pm	Hatha Flow (Akshaya) ॐ	Restorative (Mary) 75mins ॐ	Reduced Heat 75 mins (Lina) ॐ	Hatha Flow 75m (Eleonora) ॐ	6:45pm Hot Yoga 75min E\$7 (Robina)		4pm Hatha Flow 75 mins(Kat) ॐ
8:00pm	Hot Yoga (Robina) ॐ	Reduced Heat Ashtanga (Deb) ॐ	Hot Yoga (Jason) ॐ	Hot Yoga (Akshaya) ॐ	7:00pm R. Heat 1hr E\$7 (Zoe)		4pm Hot Yoga (Eleonora) ॐ
8:45pm	Hatha Flow 75min (Akshaya) ॐ		Ashtanga 75m(Lina) ॐ				