

RICHMOND HILL JULY 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 Canada Day Holiday Hour	2	3	4
9:30am				9:30am Hot Yoga (Karin) ๑๑๑	Gentle Hatha (Mary) ๑	8:15am Hot Yoga 75m (Zoe) ๑๑๑	8am Hot Yoga (Lina) ๑๑๑
9:45am				9:45am Iyengar (Deborah) ๑	Iyengar (Anne Marie) Standing	10:00am Gentle Hatha (Kat) ๑	9:00am Iyengar 75m (Tom) Standing
12:30pm				12pm Hot Yoga 75mins (Dina) ๑๑๑	Reduced Heat 1hr (Diana) ๑	10am Hot Yoga (Zoe) ๑๑๑	10am Hot Yoga (Lina) ๑๑๑
4:30pm				12:15pm Hatha 75mins (Diana) ๑๑๑			*NEW* 10:45am Beginner's Iyengar (Tom)
5:45pm					5:30pm Hatha Flow 1hr E \$7 (Zoe)	12pm Reduced Heat 75mins (Dina) ๑๑๑	2pm Kripalu (Kat) ๑
6:15pm					5:30pm Hot Yoga 1hr E \$7 (Jen)	2pm Restorative (Mary) ๑	2pm Reduced Heat (Kim) ๑
7:15pm					6:45pm Hot Yoga 75min E \$7 (Eva)		4pm Restorative 75 mins (Kat) ๑
8:00pm					7:00pm Hatha Flow 1hr E \$7 (Zoe)		4pm Hot Yoga (Kim) ๑๑๑
8:45pm							
6:30am	5 Hot Yoga 1hr (Lina) ๑	6	7 Reduced Heat 1hr (Lina) ๑	8	9	10	11
9:30am	Reduced Heat 75m (Lina) ๑๑๑	Hot Yoga (Karin) ๑๑๑	Reduced Heat 75m (Lina) ๑๑๑	Hot Yoga (Karin) ๑๑๑	Gentle Hatha (Mary) ๑	8:15am Hot Yoga 75m (Zoe) ๑๑๑	8am Hot Yoga (Zoe) ๑๑๑
9:45am	Iyengar (Deborah) Forward/Twist	Hatha (Susanne) ๑	Hatha Flow 75 mins (Nash) ๑	Hatha (Susanne) ๑	Iyengar (Deborah) Forward/Twist	10:00am Gentle Hatha (Kat) ๑	9:00am Iyengar 75m (Tom) Forward/Twists
12:30pm	Reduced Heat 1hr (Pam) ๑	Hot Yoga 1hr (Kate) ๑๑๑	Reduced Heat 1hr (Zoe) ๑	Hot Yoga 1hr (Stef) ๑๑๑	Reduced Heat 1hr (Diana) ๑	10am Hot Yoga (Zoe) ๑๑๑	10am Hot Yoga (Zoe) ๑๑๑
4:30pm		Reduced Heat 75min (Zoe) ๑		Reduced Heat 75min (Zoe) ๑			*NEW* 10:45am Beginner's Iyengar (Tom)
5:45pm	Hatha Flow 75mins (Pam) ๑	Hatha 75mins(Mary) ๑	Hatha Flow 1 hr(Karin) ๑๑๑	Restorative 75mins (Mary) ๑	5:30pm Hatha Flow 1hr E \$7 (Zoe)	12pm Reduced Heat 75mins (Dina) ๑๑๑	2pm Kripalu (Kat) ๑
6:15pm	Hot Yoga 75m (Robina) ๑๑๑	Hot Yoga 75mins (Zoe) ๑๑๑	Reduced Heat 75mins (Jason) ๑๑๑๑	R Heat Vinyasa 75mins (Zoe) ๑๑๑	5:30pm Hot Yoga 1hr E \$7 (Stefania)	2pm Restorative (Mary) ๑	2pm Reduced Heat (Kim) ๑
7:15pm	Hatha Flow 75mins (Akshaya) ๑๑๑	Restorative (Mary) ๑	Hatha Flow 75 mins (Lina) ๑	Hatha 75m (Kim) ๑๑๑	6:45pm Hot Yoga 75min E \$7 (Julia)		4pm Restorative 75 mins (Kat) ๑
8:00pm	Hot Yoga 75 mins (Robina) ๑๑๑	Reduced Heat Hatha Flow (Stef) ๑๑๑	Hot Yoga (Jason) ๑๑๑	Hot Yoga (Diana) ๑	7:00pm Hatha Flow 1hr E \$7 (Zoe)		4pm Hot Yoga (Kim) ๑๑๑
8:45pm	Hatha 75min (Akshaya) ๑	*NEW* Gentle Hatha 75m (Roopa) ๑	Ashtanga 75m (Lina) ๑	*New* Gentle Hatha 75m (Kim) ๑			
6:30am	12 Hot Yoga 1hr (Paula) ๑	13	14 Reduced Heat 1hr (Paula) ๑	15	16	17	18
9:30am	Reduced Heat 75m (Paula) ๑๑๑	Hot Yoga (Karin) ๑๑๑	Reduced Heat 75m (Paula) ๑๑๑	Hot Yoga (Karin) ๑๑๑	Gentle Hatha (Mary) ๑	8:15am Hot Yoga 75m (Zoe) ๑๑๑	8am Hot Yoga (Jason) ๑๑๑
9:45am	Iyengar (Deborah) Backbends	Hatha (Susanne) ๑	Hatha Flow 75 mins (Nash) ๑	Hatha (Susanne) ๑	Iyengar (Anne Marie) Backbends	10:00am Gentle Hatha (Kat) ๑	9:00am Iyengar 75m (Tom) Backbends
12:30pm	Reduced Heat 1hr (Pam) ๑	Hot Yoga 1hr (TBA) ๑๑๑	Reduced Heat 1hr (Zoe) ๑	Hot Yoga 1hr (Stef) ๑๑๑	Reduced Heat 1hr (Diana) ๑	10am Hot Yoga (Zoe) ๑๑๑	10am Hot Yoga (Jason) ๑๑๑
4:30pm		Reduced Heat 75min (Zoe) ๑		Reduced Heat 75min (Zoe) ๑			*NEW* 10:45am Beginner's Iyengar (Tom)
5:45pm	Hatha Flow 75mins (Pam) ๑	Hatha 75mins(Mary) ๑	Hatha Flow 1 hr(Karin) ๑๑๑	Restorative 75mins (Mary) ๑	5:30pm Hatha Flow 1hr E \$7 (Zoe)	12pm Reduced Heat 75mins (Dina) ๑๑๑	2pm Kripalu (Kat) ๑
6:15pm	Hot Yoga 75m (Robina) ๑๑๑	Hot Yoga 75mins (Zoe) ๑๑๑	Reduced Heat 75mins (Jason) ๑๑๑๑	R. Heat Vinyasa 75mins (Zoe) ๑๑๑	5:30pm Hot Yoga 1hr E \$7 (Alvin)	2pm Restorative (Mary) ๑	2pm Reduced Heat (Alvin) ๑
7:15pm	Hatha Flow 75mins (Akshaya) ๑๑๑	Restorative (Mary) ๑	Hatha Flow 75 mins (Debbi) ๑	Hatha 75m (Kim) ๑๑๑	6:45pm Hot Yoga 75min E \$7 (Rebecca)		4pm Restorative 75 mins (Kat) ๑
8:00pm	Hot Yoga 75 mins (Robina) ๑๑๑	Reduced Heat Hatha Flow (Stef) ๑๑๑	Hot Yoga (Jason) ๑๑๑	Hot Yoga (Diana) ๑	7:00pm Hatha Flow 1hr E \$7 (Zoe)		4pm Hot Yoga (Alvin) ๑๑๑
8:45pm	Hatha 75min (Akshaya) ๑	*NEW* Gentle Hatha 75m (Roopa) ๑	Ashtanga 75m (Debbi) ๑	*New* Gentle Hatha 75m (Kim) ๑			
6:30am	19 Hot Yoga 1hr (Paula) ๑	20	21 Reduced Heat 1hr (Paula) ๑	22	23	24	25
9:30am	Reduced Heat 75m (Paula) ๑๑๑	Hot Yoga (Karin) ๑๑๑	Reduced Heat 75m (Paula) ๑๑๑	Hot Yoga (Karin) ๑๑๑	Gentle Hatha (Mary) ๑	8:15am Hot Yoga 75m (Zoe) ๑๑๑	8am Hot Yoga (Kate) ๑๑๑
9:45am	Iyengar (Deborah) Restorative	Hatha (Susanne) ๑	Hatha Flow 75 mins (Nash) ๑	Hatha (Susanne) ๑	Iyengar (Anne Marie) Restorative	10:00am Gentle Hatha (Kat) ๑	9:00am Iyengar 75m (Deborah) Restorative
12:30pm	Reduced Heat 1hr (Pam) ๑	Hot Yoga 1hr (TBA) ๑๑๑	Reduced Heat 1hr (Zoe) ๑	Hot Yoga 1hr (Karin) ๑๑๑	Reduced Heat 1hr (Diana) ๑	10am Hot Yoga (Zoe) ๑๑๑	10am Hot Yoga (Kate) ๑๑๑
4:30pm		Reduced Heat 75min (Zoe) ๑		Reduced Heat 75min (Zoe) ๑			*NEW* 10:45am Beginner's Iyengar (Deborah)
5:45pm	Hatha Flow 75mins (Pam) ๑	Hatha 75mins(Mary) ๑	Hatha Flow 1 hr(Karin) ๑๑๑	Restorative 75mins (Mary) ๑	5:30pm Hatha Flow 1hr E \$7 (Zoe)	12pm Reduced Heat 75mins (Dina) ๑๑๑	2pm Kripalu (Kat) ๑
6:15pm	Hot Yoga 75m (Robina) ๑๑๑	Hot Yoga 75mins (Zoe) ๑๑๑	Reduced Heat 75mins (Jason) ๑๑๑๑	R. Heat Vinyasa 75mins (Zoe) ๑๑๑	5:30pm Hot Yoga 1hr E \$7 (Sandra)	2pm Restorative (Mary) ๑	2pm Reduced Heat (Kate) ๑
7:15pm	Hatha Flow 75mins (Akshaya) ๑๑๑	Restorative (Mary) ๑	Hatha Flow 75 mins (Debbi) ๑	Hatha 75m (Kim) ๑๑๑	6:45pm Hot Yoga 75min E \$7 (Sandra)		4pm Restorative 75 mins (Kat) ๑
8:00pm	Hot Yoga 75 mins (Robina) ๑๑๑	Reduced Heat Hatha Flow (Stef) ๑๑๑	Hot Yoga (Jason) ๑๑๑	Hot Yoga (Diana) ๑	7:00pm Hatha Flow 1hr E \$7 (Zoe)		4pm Hot Yoga (Kate) ๑๑๑
8:45pm	Hatha 75min (Akshaya) ๑	*NEW* Gentle Hatha 75m (Roopa) ๑	Ashtanga 75m (Debbi) ๑	*New* Gentle Hatha 75m (Kim) ๑			
6:30am	26 Hot Yoga 1hr (Paula) ๑	27	28 Reduced Heat 1hr (Lina) ๑	29	30	31	
9:30am	Reduced Heat 75m (Paula) ๑๑๑	Hot Yoga (Karin) ๑๑๑	Reduced Heat 75m (Lina) ๑๑๑	Hot Yoga (Karin) ๑๑๑	Gentle Hatha (Mary) ๑	8:15am Hot Yoga 75m (Zoe) ๑๑๑	
9:45am	Iyengar (Deborah)	Hatha (Susanne) ๑	Hatha Flow 75 mins (Nash) ๑	Hatha (Susanne) ๑	Iyengar (Anne Marie) Restorative	10:00am Gentle Hatha (Kat) ๑	
12:30pm	Reduced Heat 1hr (Pam) ๑	Hot Yoga 1hr (Kate) ๑๑๑	Reduced Heat 1hr (Zoe) ๑	Hot Yoga 1hr (Karin) ๑๑๑	Reduced Heat 1hr (Diana) ๑	10am Hot Yoga (Zoe) ๑๑๑	
4:30pm		Reduced Heat 75min (Zoe) ๑		Reduced Heat 75min (Zoe) ๑			
5:45pm	Hatha Flow 75mins (Pam) ๑	Hatha 75mins(Mary) ๑	Hatha Flow 1 hr(Karin) ๑๑๑	Restorative 75mins (Mary) ๑	5:30pm Hatha Flow 1hr E \$7 (Zoe)	12pm Reduced Heat 75mins (Dina) ๑๑๑	
6:15pm	Hot Yoga 75m (Robina) ๑๑๑	Hot Yoga 75mins (Zoe) ๑๑๑	Reduced Heat 75mins (Jason) ๑๑๑๑	R. Heat Vinyasa 75mins (Zoe) ๑๑๑	5:30pm Hot Yoga 1hr E \$7 (Roopa)	2pm Restorative (Mary) ๑	
7:15pm	Hatha Flow 75mins (Akshaya) ๑๑๑	Restorative (Mary) ๑	Hatha Flow 75 mins (Lina) ๑	Hatha 75m (Kim) ๑๑๑	6:45pm Hot Yoga 75min E \$7 (Roopa)		
8:00pm	Hot Yoga 75 mins (Robina) ๑๑๑	Reduced Heat (Stef) ๑๑๑	Hot Yoga (Jason) ๑๑๑	Hot Yoga (Diana) ๑	7:00pm Hatha Flow 1hr E \$7 (Zoe)		
8:45pm	Hatha 75min (Akshaya) ๑	*NEW* Gentle Hatha 75m (Roopa) ๑	Ashtanga 75m (Lina) ๑	*New* Gentle Hatha 75m (Kim) ๑			

THORNHILL JULY 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 Canada Day Holiday Closed	2	3	4
12:30pm					Hot Yoga 1hr (Teena)	8am Hot Yoga (Jason)	*NEW* 8am Hatha Flow (Karin)
4:30pm					Hatha 75mins (Karin)	10am Hot Yoga 75m (Jason)	10am Hatha (Karin)
6:00pm					Reduced Heat 75mins ES7 (Karin)		4pm Reduced Heat (Karin)
8:00pm							
	5	6	7	8	9	10	11
12:30pm	Hatha Flow 1hr (Lina)	Reduced Heat 1hr (Susanne)	Hatha Flow 1hr (Pam)	Reduced Heat 1hr (Zoe)	Hot Yoga 1hr (Kate)	8am Hot Yoga (Robina)	*NEW* 8am Hatha Flow (Karin)
4:30pm	Reduced Heat 75 mins (Zoe)	Hatha Flow 75m (Pam)	Vinyasa Flow 75min (Zoe)	Hatha Flow 75m (Teena)	Hatha 75mins (Karin)	10am Hot Yoga 75m (Robina)	4pm Reduced Heat (Karin)
6:00pm	Hot Yoga (Karin)	Hatha Flow(Jason)	Reduced Heat Hatha Flow (Robina)	Hatha Flow (Teena)	Reduced Heat 75mins ES7 (Karin)		
8:00pm	Hot Yoga 75mins (Karin)	Beginner's Yoga 75mins (Teena)	Reduced Heat Hatha 75mins (Robina)	Restorative 75 mins (Mary)			
	12	13	14	15	16	17	18
12:30pm	Hatha Flow 1hr (Sandra)	Reduced Heat 1hr (Susanne)	Hatha Flow 1hr (Pam)	Reduced Heat 1hr (Zoe)	Hot Yoga 1hr (Zoe)	8am Hot Yoga (Robina)	*NEW* 8am Hatha Flow (Karin)
4:30pm	Reduced Heat 75 mins (Zoe)	Hatha Flow 75m (Pam)	Vinyasa Flow 75min (Zoe)	Hatha Flow 75m (Teena)	Hatha 75mins (Karin)	10am Hot Yoga 75m (Robina)	4pm Reduced Heat (Karin)
6:00pm	Hot Yoga (Karin)	Hatha Flow(Jason)	Reduced Heat Hatha Flow (Robina)	Hatha Flow (Teena)	Reduced Heat 75mins ES7 (Karin)		
8:00pm	Hot Yoga 75mins (Karin)	Beginner's Yoga 75mins (Teena)	Reduced Heat Hatha 75mins (Robina)	Restorative 75 mins (Mary)			
	19	20	21	22	23	24	25
12:30pm	Hatha Flow 1hr (Sandra)	Reduced Heat 1hr (Susanne)	Hatha Flow 1hr (Pam)	Reduced Heat 1hr (Zoe)	Hot Yoga 1hr (Kate)	8am Hot Yoga (Jason)	*NEW* 8am Hatha Flow (Karin)
4:30pm	Reduced Heat 75 mins (Zoe)	Hatha Flow 75m (Pam)	Vinyasa Flow 75min (Zoe)	Hatha Flow 75m (Teena)	Hatha 75mins (Karin)	10am Hot Yoga 75m (Jason)	4pm Reduced Heat (Karin)
6:00pm	Hot Yoga (Karin)	Hatha Flow(Jason)	Reduced Heat Hatha Flow (Robina)	Hatha Flow (Teena)	Reduced Heat 75mins ES7 (Karin)		
8:00pm	Hot Yoga 75mins (Karin)	Beginner's Yoga 75mins (Teena)	Reduced Heat Hatha 75mins (Robina)	Restorative 75 mins (Mary)			
	26	27	28	29	30	31	
12:30pm	Hatha Flow 1hr (Sandra)	Reduced Heat 1hr (Susanne)	Hatha Flow 1hr (Pam)	Reduced Heat 1hr (Zoe)	Hot Yoga 1hr (Zoe)	8am Hot Yoga (Kate)	
4:30pm	Reduced Heat 75 mins (Zoe)	Hatha Flow 75m (Pam)	Vinyasa Flow 75min (Zoe)	Hatha Flow 75m (Teena)	Hatha 75mins (Karin)	10am Hot Yoga 75m (Kate)	
6:00pm	Hot Yoga (Karin)	Hatha Flow(Jason)	Reduced Heat Hatha Flow (Robina)	Hatha Flow (Teena)	Reduced Heat 75mins ES7 (Karin)		
8:00pm	Hot Yoga 75mins (Karin)	Beginner's Yoga 75mins (Teena)	Reduced Heat Hatha 75mins (Robina)	Restorative 75 mins (Mary)			