

THORNHILL March 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 (Paula) 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 (Paula) 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 (Paula) 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 (Paula) 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 (Kat) 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) ॐ | Hot Yoga 75m \$10 (Jason) ॐॐ | 12pm Hot Yoga 75m (Jason) ॐॐ | |
| 4:30pm | Reduced Heat 75 mins (Zoe) ॐ | Hatha 75 mins (Dina) 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 (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 (Robina) ॐॐ | Ashtanga (Paula) ॐॐ | R. Heat 75mins E \$7 (Karin) | | |
| 8:00pm | Hot Yoga (Karin) ॐॐ | Hatha (Luke) ॐ | Reduced (Robina) ॐॐ | 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 (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 Heat (Robina) ॐॐ | Restorative 75 mins (Mary) ॐ | | | |
| | 29 | 30 | 31 | | | | |
| 9:30am | Hatha 75 mins (Mary) ॐ | Iyengar (Deborah) | R. Heat 75mins (Jason) ॐॐ | | | | |
| 12:30pm | Reduced Heat 1hr \$10 (Lina) ॐ | Hatha 75 m \$10(Susanne) ॐ | R. Heat 75mins \$10 (Pam) ॐॐ | | | | |
| 4:30pm | Reduced Heat 75 mins (Zoe) ॐ | Hatha 75 mins (Pam) ॐ | Hot Yoga 75 mins (Zoe) ॐॐ | | | | |
| 6:00pm | Hot Yoga (Karin) ॐॐ | Hatha (Jason) ॐॐॐ | Hot Yoga (Zoe) ॐॐ | | | | |
| 8:00pm | Hot Yoga (Karin) ॐॐ | Hatha (Luke) ॐ | Reduced Heat (Robina) ॐॐ | | | | |

RICHMOND HILL March 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 (Paula) ॐ | 4 | 5 | 6 | 7 |
| 9:30am | Hot Yoga 75 mins (Lina) ॐ | Hot Yoga (Karin) ॐ | Hot Yoga 75 mins (Dina) ॐ | Hot Yoga (Karin) ॐ | Gentle Hatha (Mary) ॐ | 8:15 am Hot Yoga (Zoe) 75mins ॐ | 8am Hot Yoga (Deb) 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 (Kat) ॐ | 10am Hot Yoga (Deb) 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 (Kat) ॐ | 2pm Kripalu (Kat) ॐ |
| 5:45pm | Hatha Flow 75mins (Pam) ॐ | Hatha 75mins (Mary) ॐ | Reduced Heat 1 hr(Eleonora) 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 (Paula) ॐ | Hatha Flow 75m (Eleonora) ॐ | 6:45pm Hot Yoga 75min E\$7 (Robina) | | 4pm Restorative 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(Paula) 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 | 8:15 am Hot Yoga (Zoe) 75mins 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 (Anne Marie) 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 (Marco) ॐ | 10am Hatha (Kat) 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 (Kat) ॐ | 2pm Kripalu (Kat) ॐ |
| 5:45pm | Hatha Flow 75mins (Pam) ॐ | Hatha Flow 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 Restorative 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 | | | | |
| 6:30am | 15 Hot Yoga 1Hr (Lina) ॐ | 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 | 8:15 am Hot Yoga (Zoe) 75mins ॐ | 8am Hot Yoga(Lina) 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) 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 (Kat) 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 (Kat) ॐ | 2pm Kripalu (Kat) ॐ |
| 5:45pm | Hatha Flow 75mins (Pam) ॐ | Hatha Flow 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 Restorative 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 | | | | |
| 6:30am | 22/29 Hot Yoga Lina 1hr ॐ | 23/30 | 24/31 Reduced Heat Lina 1hr 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 | 8:15 am Hot Yoga (Zoe) 75mins ॐ | 8am Hot Yoga(Lina) 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 (TBA) ॐ | 10am Hatha (Kat) 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 (Kat) ॐ | 2pm Kripalu (Kat) ॐ |
| 5:45pm | Hatha Flow 75mins (Pam) ॐ | Hatha Flow 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 Restorative 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 | | | | |