

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 830* Rima MF 10* Melissa MF 1130 Melissa	2 830* Talia MF 10* Talia MF 1130 Darnell PF	3 630* Gerald PF 930 Maryday 1230* Maryday MF 430 Melissa 630 Angela 7 Sarah P 815* Angela MF	4 630* Annie MF 930 Annie 1230* Annie MF 430 Darnell 630 Darnell 815* Darnell MF	5 630* Gerald PF 930 Christina 1230* Christina MF 430 Kerry 630 Melissa 815* Melissa MF	6 930 Annie 1230* Annie MF 430 Darnell 630 Darnell 815* Edward MF	7 830* Edward MF 10* Edward MF 1130 Talia 2* Talia MF
8 830* Rima MF 10* Rima MF 1130 Rima 2* Talia MF	9 930 Kiersten 1230* Kiersten MF 430 Amanda PF 630 Maria 815* Maria MF	10 630* Gerald PF 930 Maryday 1230* Maryday MF 430 Sabrina 630 Sabrina 7 Sarah P 815* Sabrina MF	11 630* Annie MF 930 Annie 1230* Annie MF 430 Kerry 630 Talia 815* Talia MF	12 630* Gerald PF 930 Christina 1230* Christina MF 430 Kerry 630 Angela 815* Angela MF	13 930 Kiersten 1230* Kiersten MF 430 Melissa 630 Melissa 815* Edward MF	14 830* Edward MF 10* Edward MF 1130 Amanda 2* Amanda MF
15 830* Kaycelyn MF 10* Kaycelyn MF 1130 Sabrina 2* Sabrina MF	16 930 Darnell 1230* Darnell MF 430 Kerry PF 630 Maria 815* Maria MF	17 630* Kerry PF 930 Maryday 1230* Maryday MF 430 Sabrina 630 Sabrina 7 Sarah P 815* Rima MF	18 630* Annie MF 930 Annie 1230* Annie MF 430 Darnell 630 Darnell 815* Talia MF	19 630* Amanda PF 930 Christina 1230* Christina MF 430 Kiersten 630 Kiersten 815* Kiersten MF	20 930 Jian 1230* Jian MF 430 Melissa 630 Melissa 815* Edward MF	21 830* Edward MF 10* Edward MF 1130 Rima 2* Rima MF
22 830* Maria MF 10* Maria MF 1130 Kaycelyn 2* Kaycelyn MF	23 930 Annie 1230* Annie MF 430 Amanda PF 630 Maria 815* Maria MF	24 630* Gerald PF 930 Maryday 1230* Maryday MF 430 Rima 630 Angela 7 Sarah P 815* Angela MF	25 630* Annie MF 930 Annie 1230* Annie MF 430 Maria 630 Angela 815* Angela MF	26 630* Gerald PF 930 Christina 1230* Christina MF 430 Darnell 630 Darnell 815* Darnell MF	27 930 Kiersten 1230* Kiersten MF 430 Kerry 630 Maria 815* Maria MF	28 830* Jian MF 10* Jian MF 1130 Angela 2* Angela MF
29 830* Melissa MF 10* Melissa MF 1130 Sabrina 2* Sabrina MF	30 930 Kaycelyn 1230* Kaycelyn MF 430 Kerry PF 630 Maria 815* Maria MF	31 630* Gerald PF 930 Maryday 1230* Maryday MF 430 Sabrina 630 Sabrina 7 Sarah P 815* Sabrina MF				

All classes that do not have a letter or asterisk next to them are a regular 90 minute Moksha hot yoga class, except for Mon-Fri at 6:30pm which are 75 min classes.

Monday's at 4:30pm are 90 minute POWER FLOW classes.

MF - Moksha Flow - 60 min version of the Moksha series. A little faster paced. Good for those on the go

PF - Power Vinyasa Flow - Inspired by Baron Baptiste - An intermediate practice that connects movement with breath done in a heated room. **Advanced Practice.**

P - Prenatal - A 90min prenatal yoga class good for those in all trimesters. Pre-registration is required for each 10 week session. Regular packages do not apply. Please call us for more details at 905.425.LOVE (5683).