

Holistic BodyWorx Class Schedule - June 1 - June 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30 a.m. Pilates Combo Instructor: Tina	9:30 - 10:30 a.m. Hot Hatha Flow Yoga Instructor: Roy	9:30 - 10:30 a.m. Pilates Combo Instructor: Sandra	9:30 - 10:30 a.m. Non Hot Hatha Flow Yoga Instructor: Roy	9:30 - 10:30 a.m. Hot Yogalates Instructor: Tina		
12:00 - 1:00 p.m. Hot Hatha Flow Yoga Instructor: Tina	12:00 - 1:00 p.m. Body Sculpt Instructor: Tina	12:00 - 1:00 p.m. Non Hot Hatha Flow Yoga Instructor: Yvonne	12:00 - 1:00 p.m. Pilates Combo Instructor: Tina	12:00 - 1:00 p.m. Body Sculpt Instructor: Tina	9:00 - 10:00 a.m. Pilates Combo Instructor: Yvonne	11:00 - 12:00 p.m. Hot Charity Yoga taught by grad students \$5 cash or use class pass starts June 11th
	4:30 - 5:30 p.m. Group Personal Training Sign up only - Studio B				9:30 - 10:30 a.m. Hot Hatha Flow Yoga Instructor: Tony	
5:00 - 6:00 p.m. Hot Pilates Instructor: Tina	5:00 - 6:00 p.m. Hot Pilates Instructor: Tina	5:00 - 6:00 p.m. Hot Pilates Instructor: Yvonne	5:00 - 6:00 p.m. Hot Pilates With Weights Instructor: Tina		10:40 - 11:40 a.m. Hot Pilates Instructor: Marcela	
5:30 - 6:30 p.m. Group Personal Training Sign up only - Studio B	5:30 - 6:30 p.m. Group Personal Training Sign up only - Studio B	5:30 - 6:30 p.m. Boot Camp 1/2 outdoor, 1/2 indoor Studio B Instructor: Roy	5:30 - 6:30 p.m. Group Personal Training Sign up only - Studio B	5:30 - 6:30 pm. Hot Pilates Fusion Instructor: Evelynne		
6:10 - 7:10 p.m. Hot Vinyasa Yoga Instructor: Yvonne	6:10 - 7:10 p.m. Hot Hatha Flow Yoga Instructor: Cristina	6:10 - 7:10 p.m. Hot Hatha Flow Yoga Instructor: Shereen	6:10 - 7:10 p.m. Hot Hatha Flow Yoga Instructor: Sharan			
6:30 - 7:30 p.m. Body Sculpt Studio B Instructor: Roy	6:30 - 7:30 p.m. Pilates Combo Studio B Instructor: Tina	6:30 - 7:30 p.m. Group Personal Training Sign up only - Studio B	6:30 - 7:30 p.m. Classical Pilates Studio B Instructor: Tina			5:30 - 6:30 p.m. Hot Pilates Instructor: Cristina
7:20 - 8:20 p.m. Hot Pilates Instructor: Darryl	7:20 - 8:20 p.m. Hot Pilates Instructor: Cristina	7:20 - 8:20 p.m. Hot Pilates Instructor: Yvonne	7:20 - 8:20 p.m. Hot Pilates Instructor: Evelynne	7:00 - 8:00 pm. Hot Hatha Flow Yoga Instructor: Kelly		7:00 - 8:00 pm. Hot Hatha Flow Yoga Instructor: Bree
8:30 - 9:30 p.m. Hot Hatha Flow Yoga Instructor: Kelly	8:30 - 9:30 p.m. Hot Yin Yoga Instructor: Loredana	8:30 - 9:30 p.m. Hot Hatha Flow Yoga Instructor: Sharan	8:30 - 9:30 p.m. Hot Hatha Flow Yoga Instructor: Enza			

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

WWW.HOLISTICBODYWORX.CA 905-281-3737