

## Holistic BodyWorx Class Schedule - November 1 - November 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: Samana	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	8:30 - 9:30 a.m. Pilates Combo Instructor: Yvonne	
	4:15 - 5:15 p.m. Group Personal Training Sign up only - Studio B		4:00 - 5:00 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: Yvonne	
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. H.I.I.T. & Shred  Instructor: Roy	5:30 - 6:30 p.m. Group Personal Training Sign up only - Studio B	5:30 - 6:30 pm. Hot Pilates Instructor: Vivian	12:30 - 1:30 p.m. Non-hot Charity Yoga Starts November 11 Taught by YTT students \$5 donation or class pass	
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: Sonia			
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		5:00 - 6:00 p.m. Non-hot Charity Yoga Starts November 11 Taught by YTT students \$5 donation or class pass	5:30 - 6:30 p.m. Hot Pilates Instructor: Cristina
7:20 - 8:20 p.m. Hot Pilates Instructor: Cristina	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: Vivian	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 be advised that out of respect for the flow of the class and our clients we do not let anyone in the class after it has started.

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

WWW.HOLISTICBODYWORX.CA 905-281-3737