

## Holistic BodyWorx Class Schedule - October 1 - October 31

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   | Sunday  |
|---|---|---|---|--|--|---|
| 9:30 - 10:30 a.m.<br>Pilates<br>Combo<br>Instructor:<br>Tina              | 9:30 - 10:30 a.m.<br>Hot<br>Hatha Flow Yoga<br>Instructor:<br>Roy         | 9:30 - 10:30 a.m.<br>Pilates<br>Combo<br>Instructor:<br>Sandra            | 9:30 - 10:30 a.m.<br>Non Hot<br>Hatha Flow Yoga<br>Instructor:<br>Roy     | 9:30 - 10:30 a.m.<br>Hot<br>Yogalates<br>Instructor:<br>Tina   |  |   |
| 12:00 - 1:00 p.m.<br>Hot<br>Hatha Flow Yoga<br>Instructor:<br>Tina        | 12:00 - 1:00 p.m.<br>Body Sculpt<br><br>Instructor:<br>Tina               | 12:00 - 1:00 p.m.<br>Non Hot<br>Hatha Flow Yoga<br>Instructor:<br>Yvonne  | 12:00 - 1:00 p.m.<br>Pilates<br>Combo<br>Instructor:<br>Tina              | 12:00 - 1:00 p.m.<br>Body Sculpt<br><br>Instructor:<br>Tina    | 8:30 - 9:30 a.m.<br>Pilates<br>Combo<br>Instructor:<br>Yvonne      |   |
|   | 4:15 - 5:15 p.m.<br>Group<br>Personal Training<br>Sign up only - Studio B |   | 4:15 - 5:15 p.m.<br>Group<br>Personal Training<br>Sign up only - Studio B |  | 9:30 - 10:30 a.m.<br>Hot<br>Hatha Flow Yoga<br>Instructor:<br>Tony |   |
| 5:00 - 6:00 p.m.<br>Hot Pilates<br>Instructor:<br>Tina                    | 5:00 - 6:00 p.m.<br>Hot Pilates<br>Instructor:<br>Tina                    | 5:00 - 6:00 p.m.<br>Hot Pilates<br>Instructor:<br>Yvonne                  | 5:00 - 6:00 p.m.<br>Hot Pilates<br>With Weights<br>Instructor:<br>Tina    |  | 10:40 - 11:40 a.m.<br>Hot<br>Pilates<br>Instructor:<br>Yvonne      |   |
| 5:30 - 6:30 p.m.<br>Group<br>Personal Training<br>Sign up only - Studio B | 5:30 - 6:30 p.m.<br>Group<br>Personal Training<br>Sign up only - Studio B | 5:30 - 6:30 p.m.<br>H.I.I.T. & Shred<br><br>Instructor: Roy               | 5:30 - 6:30 p.m.<br>Group<br>Personal Training<br>Sign up only - Studio B | 5:30 - 6:30 pm.<br>Hot Pilates<br>Instructor:<br>Vivian        |  |   |
| 6:10 - 7:10 p.m.<br>Hot Vinyasa<br>Yoga<br>Instructor: Yvonne             | 6:10 - 7:10 p.m.<br>Hot Hatha<br>Flow Yoga<br>Instructor: Cristina        | 6:10 - 7:10 p.m.<br>Hot Hatha<br>Flow Yoga<br>Instructor: Shereen         | 6:10 - 7:10 p.m.<br>Hot Hatha<br>Flow Yoga<br>Instructor: Sonia           |  |  |   |
| 6:30 - 7:30 p.m.<br>Body Sculpt<br>Studio B<br>Instructor:<br>Roy         | 6:30 - 7:30 p.m.<br>Pilates Combo<br>Studio B<br>Instructor:<br>Tina      | 6:30 - 7:30 p.m.<br>Group<br>Personal Training<br>Sign up only - Studio B | 6:30 - 7:30 p.m.<br>Classical Pilates<br>Studio B<br>Instructor:<br>Tina  |  |  | 5:30 - 6:30 p.m.<br>Hot Pilates<br>Instructor:<br>Cristina    |
| 7:20 - 8:20 p.m.<br>Hot Pilates<br>Instructor:<br>Cristina                | 7:20 - 8:20 p.m.<br>Hot Pilates<br>Instructor:<br>Cristina                | 7:20 - 8:20 p.m.<br>Hot Pilates<br>Instructor:<br>Yvonne                  | 7:20 - 8:20 p.m.<br>Hot Pilates<br>Instructor:<br>Vivian                  | 7:00 - 8:00 pm.<br>Hot<br>Hatha Flow Yoga<br>Instructor: Kelly |  | 7:00 - 8:00 pm.<br>Hot<br>Hatha Flow Yoga<br>Instructor: Bree |
| 8:30 - 9:30 p.m.<br>Hot<br>Hatha Flow Yoga<br>Instructor: Kelly           | 8:30 - 9:30 p.m.<br>Hot<br>Yin Yoga<br>Instructor: Loredana               | 8:30 - 9:30 p.m.<br>Hot<br>Hatha Flow Yoga<br>Instructor: Sharan          | 8:30 - 9:30 p.m.<br>Hot<br>Hatha Flow Yoga<br>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