

Class Schedule - February 1 - February 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 11:00 a.m. Pilates Combo Instructor: Tina	10:00 - 11:00 a.m. Hot Hatha Flow Yoga Instructor: Roy	10:00 - 11:00 a.m. Pilates Combo Instructor: Tina	10:00 - 11:00 a.m. Hot Hatha Flow Yoga Instructor: Anita	10:00 - 11:00 a.m. Hot Pilates Instructor: Tina	8:15 - 9:15 a.m. Hot Power Pilates For Weight Loss Instructor: Tina	
12:00 - 1:00 p.m. Hot Hatha Flow Yoga Instructor: Hiba	12:00 - 1:00 p.m. Hot Pilates Instructor: Marcela	12:00 - 1:00 p.m. Hot Hatha Flow Yoga Instructor: Hiba \$8 Drop in class	12:00 - 1:00 p.m. Hot Pilates Instructor: Tina	12:00 - 1:00 p.m. Hot POWER Flow Yoga Instructor: Roy	8:30 - 9:30 a.m. Group Personal Training Sign up only Instructor: Roy	
		12:00 - 1:00 p.m. Body Sculpt Studio B Instructor: Tina				
4:50 - 5:50 p.m. Hot Pilates Instructor: Tina		4:50 - 5:50 p.m. Hot Pilates Instructor: Marcela	4:50 - 5:50 p.m. Hot Power Pilates For Weight Loss Instructor: Tina		9:30 - 10:30 a.m. Hot Hatha Flow Yoga Instructor: Katherine	10:15 - 11:15 a.m. Pilates Combo Studio B Instructor: Marcie
5:30 - 6:30 p.m. Group Personal Training Sign up only - Studio B Instructor: Roy	5:15 - 6:15 p.m. Hot Pilates Instructor: Tina	5:30 - 6:30 p.m. Pilates Combo Studio B Instructor: Marcie	5:30 - 6:30 p.m. Group Personal Training Sign up only - Studio B Instructor: Roy		9:30 - 10:30 a.m. Body Sculpt Instructor: Tina	11:15 - 12:15 p.m. Group Personal Training Sign up only Instructor: Marcie
6:00 - 7:00 p.m. Hot Hatha Flow Yoga Instructor: Amindip	5:30 - 6:30 p.m. Group Personal Training Sign up only - Studio B Instructor: Marcie	6:00 - 7:00 p.m. Hot Hatha Flow Yoga Instructor: Amindip \$8 Drop in class	6:00 - 7:00 p.m. Hot Hatha Flow Yoga Instructor: Sheeren		10:45 - 11:45 a.m. Hot Pilates Instructor: Tina	
6:30 - 7:30 p.m. Body Sculpt Studio B Instructor: Roy	6:30 - 7:30 p.m. Pilates Combo Studio B Instructor: Marcie		6:30 - 7:30 p.m. Pilates Combo Studio B Instructor: Tina	5:30 - 6:30 p.m. Hot Pilates Instructor: Marcie	12:00 - 1:00 pm Hot Hatha Flow Yoga Shereen	5:30 - 6:30 p.m. Hot Pilates Instructor: Marcela
7:10 - 8:10 p.m. Hot Pilates Instructor: Tina	6:30 - 7:30 p.m. Hot POWER Flow Yoga Instructor: Hiba	7:10 - 8:10 p.m. Hot Pilates Instructor: Marcie	7:10 - 8:10 p.m. Hot Pilates Instructor: Marcela	7:00 - 8:00 pm. Hot Hatha Flow Yoga Instructor: Hiba		7:00 - 8:00 pm. Hot Hatha Flow Yoga Instructor: Katherine
8:20 - 9:20 p.m. Hot Hatha Flow Yoga Instructor: Erin	7:45 - 8:45 p.m. Hot Hatha Flow Yoga Instructor: Hiba	8:20 - 9:20 p.m. Hot Hatha Flow Yoga Instructor: Erin	8:20 - 9:20 p.m. Hot Hatha Flow Yoga Instructor: Yana			

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

WWW.HOLISTICBODYWORX.CA 905-281-3737