



# AN URBAN OASIS MAY 2012

## Studio A

\*Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>8:30 am</b> Hot Hatha Flow 60 min Andrea	
<b>10:00 am</b> Hot Power Flow 75 min Elly		<b>10:00 pm</b> Hot Power Flow 60 min John	<b>8:00 am</b> Hot Hatha Flow Donna	<b>10:00 am</b> Hot Hatha 75 min Melissa L	<b>10:00 am</b> Hot Hatha 75 min Andrea	<b>10:00 am</b> Hot Hatha 75 min Tasha
	<b>12:15 pm</b> Hot Hatha 45 min Erica	<b>12:15 pm</b> Hot Hatha Flow 45 min Natalie	<b>12:15 pm</b> Hot Hatha Flow 45 min Svetlana		<b>11:30 am</b> Hot Power Flow Level 2 - 60 Min Andrea	<b>12:00 pm</b> Hot Power Flow 75 Min Echo
						<b>1:30 pm</b> Hot Yin Yoga 60 min Echo
<b>5:15 pm</b> Hot Pilates 60 min Brittany		<b>5:15 pm</b> Hot Pilates 50 min Brittany		<b>4:15 pm</b> Hot Fusion \$18 or class card 50 min John	<b>2:00 pm</b> Hot Power Flow 75 min Michelle	
<b>6:30 pm</b> Hot Hatha 75 min Veronica	<b>5:45 pm</b> Hot Hatha 60 min Community \$12 Erin	<b>6:30 pm</b> Hot Hatha 75 min Dorothy	<b>5:30 pm</b> Hot Power Flow 75 min Natalie	<b>5:15 pm</b> Hot Hatha Flow 60 min John	<b>4:00 pm</b> Hot Hatha Flow 75 min Michelle	<b>4:00 pm</b> Hot Hatha Flow 75 min John
<b>8:00 pm</b> Hot Power Flow 60 min Audrey	<b>7:00 pm</b> Hot Power Flow Level 1-2 60 min Erin	<b>8:00 pm</b> Hot Power Flow 60 min Dorothy	<b>7:00 pm</b> Hot Hatha 60 min Natalie	<b>6:30 pm</b> Hot Power Flow 75 min Veronica		
	<b>8:15 pm</b> Hot Ballet Barre Sculpt 60 min Elizabeth	<b>9:00 pm</b> Hot Power Flow Level 2 60 min Dorothy	<b>NEW</b> <b>8:00 pm</b> Hot BodyTone 60 min Natalie			

47 Fraser Ave. (Liberty Village)

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[www.TulaHotYoga.com](http://www.TulaHotYoga.com)



- Please try and arrive 15 minutes before class.
- Avoid eating HEAVILY for 2 hours before class.
- Come hydrated, please drink lots of water before class.
- If you are taking a hot yoga class wear light and comfortable clothing (shorts, leotard or tank top).

## Studio B

\*Schedule subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>12:00 pm</b> Fusion (Yoga & Pilates) 45 min Elly	<b>12:00 pm</b> Pilates Level 1 50 min Brittany			<b>12:00 pm</b> Pilates Level 1-2 50 min Alysa	<b>10:30 am</b> Pilates Apparatus 60 min Brittany <b>PR Please call</b>	
		<b>1:00 pm</b> Vinyasa Flow Yoga Level 1-2 45 min Natalie			<b>11:30 am</b> Fusion 60 min Adriana	
<b>6:00 pm</b> Vinyasa Flow Yoga Level 1 60 min Audrey	<b>5:00 pm</b> Hatha Yoga Level 1-2 60 min Alysa	<b>6:00 pm</b> Hatha Yoga Level 1-2 60 min Sophia	<b>6:00 pm</b> Pilates Apparatus 60 min Alijandra <b>PR Please call</b>	<b>5:30 pm</b> Hatha Yoga Level 1 60 min Melissa L	<b>1:00 pm</b> Pilates Level 1 60 min Adriana	<b>NEW</b> <b>2:00 pm</b> BodyTone 60 min
<b>7:00 pm</b> Yin Yoga 60 min Audrey	<b>6:00 pm</b> Pilates Level 1 60 min Alysa		<b>7:00 pm</b> Pilates Level 1 60 min Alijandra			
<b>8:30 pm</b> Hatha Yoga Level 1 Kristen M	<b>7:00 pm</b> Ballet Barre Sculpt 60 min Elizabeth	<b>8:00 pm</b> Hatha Yoga Level 1-2 60 min Sophia			<b>3:00 pm</b> Prenatal Yoga 60 min Tamara <b>PR Please call</b>	

SPA SERVICES OFFERED: TUESDAY TO FRIDAY 11AM TO 9PM, SATURDAY 10AM TO 6PM - SUNDAY & MONDAY by appointment only  
Late evenings and weekends please press buzzer for admittance. During these hours please be on time or you may not be admitted.  
For class descriptions and rates, please contact us or visit our web site.

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