



# Moksha Yoga North York

416-225-6767

www.MokshaYogaNorthYork.com

## July 2010 Teaching Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>10am classes Mon. – Fri. only \$10!</b></p> <p><b>PLEASE CHECK OUR WEBSITE FOR DETAILED CLASS DESCRIPTIONS THANK YOU!!</b></p>	<p><b>M: Moksha</b></p> <p><b>SM: Silently lead Moksha class with music</b></p> <p><b>PF: Power Flow</b></p> <p><b>P: Pilates</b></p> <p><b>Y: Yin</b></p> <p><b>MY: MokshaYin</b></p>	<p><b>MW: Moksha Workshop</b></p> <p><b>C: Community (\$7 Moksha class lead by new instructor)</b></p> <p><b>K: Karma (Moksha class/min. \$7 donation to charity)</b></p> <p><b>Pre:Prenatal</b></p>	<p><b>1 Happy Canada Day!</b></p> <p>7-8 am (PF) Darcy</p> <p>10-11:15 am (PF) Jess</p> <p>12-1 pm (M) Jess</p> <p>5-6 pm (M) Peter</p> <p>6:30-7:45 pm (M) Peter</p> <p>8:15- 9:30 (MY) Amanda</p>	<p><b>2</b></p> <p>7-8 am (SM) Bryde</p> <p>10-11:15 am (M) Stephanie</p> <p>12-1 pm (M) Amanda</p> <p>1:30 -2:30 (Y) Amanda</p> <p>5-6 pm (PF) Shayna</p> <p>6:30-7:45 pm(PF) Nikki</p> <p>8:15 -9:30 pm (K) Nikki</p>	<p><b>3</b></p> <p>8-9:15 am (C) Kaycelyn</p> <p>10-11:30 am (PF) Jess</p> <p>12-1 pm (M) Jess</p> <p>1:30-2:30 pm (M) Jeff</p> <p>3-4:30 pm (M) Hayley</p> <p>5-6:15 pm (M) Hayley</p>	<p><b>4</b></p> <p>8-9:15 am (PF) Juliana</p> <p>10-11:30 am (M) Nikki</p> <p>12-1 pm (M) Darcy</p> <p>1:30-2:30pm (MW) Amanda</p> <p>3-4:30 pm (Y) Amanda</p> <p>5-6:15 pm (M) Jeff</p> <p>8-9 pm (Pre) Sarah</p>
<p>5</p> <p>7-8 am (M) Vikram</p> <p>10-11:15 am (M) Britton</p> <p>12-1 pm (M) Marisa</p> <p>1:30-2:30 pm (C) Sam</p> <p>5- 6pm (M) Stephanie</p> <p>6:30 -7:45 pm (PF) Vikram</p> <p>8:15-9:30 pm (M) Nikki</p>	<p>6</p> <p>7-8 am (PF) Juliana</p> <p>10-11:15 am (PF) Nikki</p> <p>12-1 pm (M) Nikki</p> <p>5-6 pm (M) Stephanie</p> <p>6:30-7:45 pm (M) Jess</p> <p>8:15-9:30 pm (PF) Jess</p>	<p>7</p> <p>7-8 am (M) Michael</p> <p>10-11:15 am (M) Adrienne</p> <p>12-1 pm (P) Anna</p> <p>1:30- 2:30pm (M) Marisa</p> <p>5-6 pm (M) Jess</p> <p>6:30-7:45 pm (PF) Jess</p> <p>8:15 -9:30 pm (M) Nikki</p>	<p>8</p> <p>7-8 am (PF) Stephanie</p> <p>10-11:15 am (PF) Jess</p> <p>12-1 pm (M) Jess</p> <p>5-6 pm (M) Peter</p> <p>6:30-7:45 pm (M) Peter</p> <p>8:15- 9:30 (MY) Amanda</p>	<p>9</p> <p>7-8 am (SM) Bryde</p> <p>10-11:15 am (M) Michael</p> <p>12-1 pm (M) Vikram</p> <p>1:30 -2:30 (Y) Amanda</p> <p>5-6 pm (PF) Nikki</p> <p>6:30-7:45 pm(PF) Nikki</p> <p>8:15 -9:30 pm (K) Jeff</p>	<p>10</p> <p>8-9:15 am(C) Stroud</p> <p>10-11:30 am (PF) Juliana</p> <p>12-1 pm (M) Nikki</p> <p>1:30-2:30 (M) Nikki</p> <p>3-4:30 pm (M) Hayley</p> <p>5-6:15 pm (M) Hayley</p>	<p>11</p> <p>8-9:15 am (PF) Juliana</p> <p>10-11:30 am (M) Jason</p> <p>12-1 pm (M) Marisa</p> <p>1:30-2:30 (MW) Amanda</p> <p>3-4:30 pm (Y) Amanda</p> <p>5-6:15 pm (M) Jeff</p> <p>8-9 pm (Pre) Sarah</p>
<p>12</p> <p>7-8 am (M) Vikram</p> <p>10-11:15am (M) Megan</p> <p>12-1 pm (M) Marisa</p> <p>1:30-2:30 pm (C) Kaycelyn</p> <p>5- 6pm (M) Stephanie</p> <p>6:30 -7:45 pm (PF) Britton</p> <p>8:15-9:30 pm (M) Nikki</p>	<p>13</p> <p>7-8 am (PF) Juliana</p> <p>10-11:15 am (PF) Michael</p> <p>12-1 pm (M) Stephanie</p> <p>5-6 pm (M) Vikram</p> <p>6:30-7:45pm (M) Vikram</p> <p>8:15-9:30 pm (PF) Darcy</p>	<p>14</p> <p>7-8 am (M) Bryde</p> <p>10-11 :15am (M) Darcy</p> <p>12-1 pm (P) Anna</p> <p>1:30 -2:30 pm (M) Marisa</p> <p>5-6 pm (M) Stephanie</p> <p>6:30-7:45 pm (PF) Darcy</p> <p>8:15 -9:30 pm (M) Christine</p>	<p>15</p> <p>7-8 am (PF) Michael</p> <p>10-11:15 am (PF) Britton</p> <p>12-1 pm (M) Vikram</p> <p>5-6 pm (M) Peter</p> <p>6:30-7:45 pm (M) Peter</p> <p>8:15- 9:30 (MY) Megan</p>	<p>16</p> <p>7-8 am (SM) Christine</p> <p>10-11:15 am (M) Stephanie</p> <p>12-1 pm (M) Amanda</p> <p>1:30 -2:30 pm (Y) Amanda</p> <p>5-6 pm (PF) Laura</p> <p>6:30-7:45 pm(PF) Laura</p> <p>8:15 -9:30 pm (K) Jason</p>	<p>17</p> <p>8-9:15 am(C) Stroud</p> <p>10-11:30 am (PF) Laura</p> <p>12-1 pm (M) Jeff</p> <p>1:30- 2:30 pm(M) Darcy</p> <p>3-4:30 pm (M) Hayley</p> <p>5-6:15 pm (M) Hayley</p>	<p>18</p> <p>8-9:15 am(PF) Michael</p> <p>10-11:30 am (M) Hayley</p> <p>12-1 pm (M) Stephanie</p> <p>1:30- 2:30 (MW) Amanda</p> <p>3-4:30 pm (Y) Amanda</p> <p>5-6:15 pm (M) Christine</p> <p>8-9 pm (Pre) Sarah</p>
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<p>26</p> <p>7-8am (M) Jason</p> <p>10-11:15 am (M) Megan</p> <p>12-1 pm (M) Marisa</p> <p>1:30-2:30 pm(C) Sam</p> <p>5-6 pm (M) Hayley</p> <p>6:30pm (PF) Jess</p> <p>8:15-9:30 pm (M) Britton</p>	<p>27</p> <p>7-8am (PF) Michael</p> <p>10-11:15am (PF) Nikki</p> <p>12-1 pm (M) Nikki</p> <p>5-6 pm (M) Hayley</p> <p>6:30-7:45 pm (M) Jess</p> <p>8:15-9:15 pm (PF) Jess</p>	<p>28</p> <p>7-8 am (M) Bryde</p> <p>10-11 :15am (M) Hayley</p> <p>12-1 pm (P) Anna</p> <p>1:30-2:30pm (M) Marisa</p> <p>5-6 pm (M) Darcy</p> <p>6:30-7:45 pm (PF) Jess</p> <p>8:15 -9:30 pm (M) Jess</p>	<p>29</p> <p>7-8 am (PF) Darcy</p> <p>10-11:15 am (PF) Jess</p> <p>12-1 pm (M) Jess</p> <p>5-6 pm (M) Peter</p> <p>6:30-7:45 pm (M) Peter</p> <p>8:15- 9:30 (MY) Megan</p>	<p>30</p> <p>7-8 am (SM) Christine</p> <p>10-11:15 am (M) Britton</p> <p>12-1 pm (M) Britton</p> <p>1:30 -2:30 pm (Y) Amanda</p> <p>5-6 pm (PF) Laura</p> <p>6:30-7:45 pm(PF) Laura</p> <p>8:15 -9:30 pm (K) Jason</p>	<p>31</p> <p>8-9:15 am(C) Stroud</p> <p>10-11:30 am (PF) Laura</p> <p>12-1 pm (M) Darcy</p> <p>1:30-2:30 pm (M) Darcy</p> <p>3-4:30 pm (M) Hayley</p> <p>5-6:15 pm (M) Hayley</p>	