



905-525-1010 | evolve-massage.ca

MONDAYS

- 9:30am-10:30am-Hot Yin Yang
- 12-1pm-Gentle Hatha-Evolve5
- 4:45pm-5:45pm-Hot Core Flow-Evolve7
- 6pm-7pm-Hot Yin
- 7:30-8:30pm-Evolve Your Body-Hot Flow
- 9pm-Relax & Refresh-Guided Meditation-Evolve7

TUESDAYS

- 12pm-1pm-Hot Power Flow-Evolve5
- 6pm-7pm-Hot Gentle Hatha
- 7:15-8:00pm-Yoga with Weights-reduced heat (**will return to 7:30pm in October**)
- 9pm-10pm-Relax & Rejuvenate (**canceled for the summer, will return October 3rd**)

WEDNESDAYS

- 12-1pm-Intro to Yoga-Evolve5
- 4:30-5:30pm-Vinyasa Detox Flow
- 6pm-7pm-Gentle Hatha-Evolve7
- 7:45-8:45pm-Hot Vinyasa Flow
- 9:15-10:15pm-Relax & Rejuvenate

THURSDAYS

- 12:30-1:30pm-Vinyasa Detox Flow-Evolve5
- 6-7pm-Hot Yin Yang
- 7:30-8:30pm-Restorative
- 9:15pm-10:15pm-Hot Gentle Hatha-Evolve7

FRIDAYS

- 10-11am-Restorative-gently heated
- 12-1pm-Hot Yin Yang-Evolve5
- 4-5pm-Gentle Hatha-Evolve7
- 5:30-6:30pm-Relax & Rejuvenate-reduced heat

SATURDAYS

9-10am-Hot Core Flow

10:30-11:30am-Hot Yin

12-1pm-Yoga Fundamentals

SUNDAYS

9:30-10:30am-Vinyasa Flow 2

11-12pm-Gentle Hatha

12:30-1:30pm-Intro to Yoga-Hot