



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
5pm-Yoga with Weights-reduced heat
6pm-7pm-Hot Gentle Hatha
7:30pm-8:30pm-Restorative Yoga
9pm-10pm-Relax & Rejuvenate

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