



905-525-1010 | evolve-massage.ca

MONDAYS

10-11am-Slow Flow (reduced heat)-Christine
12-1pm-Gentle Hatha-Evolve5-Jenn
4:45pm-5:45pm-Hot Core Flow-Evolve8-Alanna
6pm-7pm-Hot Yin-Alanna
7:30-8:45pm-Yin Yang-Kat
9pm-Relax & Refresh-Guided Meditation-Evolve8-Kat

TUESDAYS

7:15-8am-Morning Flow (gently heated)-Michelle **Advanced sign-up required**
12pm-1pm-Hot Power Flow-Evolve5
4:30-5:30pm-Yin-Erica
6pm-7pm-Hot Hatha
7:30-8:45pm-Reiki Restorative-Mark
9:15-10:15pm-Hot Gentle Hatha-Daniele

WEDNESDAYS

12-1pm-Intro to Yoga-Evolve5-Melissa
4:30-5:30pm-Slow Flow-Daniele (gently heated)
6-7pm-Gentle Hatha-Evolve8-Alanna
7:45-8:45pm-Hot Vinyasa Flow-Jenn
9:15-10:15pm-Relax & Rejuvenate (Hot)-Michelle

THURSDAYS

12-1pm-Vinyasa Detox Flow-Evolve5-Daniele
6-7pm-Hot Slow Flow-Erica
7:30-8:30pm-Restorative-Erica
9:15pm-10:15pm-Hot Hatha-Evolve8-Alanna

FRIDAYS

8:30-9:30am-Morning Flow-gently heated-Celine **Advanced sign-up required**
10-11am-Restorative-gently heated-Christine
12-1pm-Hot Yin Yang-Evolve5-Alanna
4-5pm-Vinyasa Flow-Evolve8-Daniele
5:30-6:30pm-Relax & Rejuvenate-reduced heat-Erica
7pm-pop up class or Yoga Nidra (paid workshop 1 Friday per month)

SATURDAYS

9-10am-Hot Core Flow-Alanna

10:30-11:30am-Hot Yin-Mark

12-1pm-Yoga Fundamentals-Mark

8-9pm-Gentle Yoga (reduced heat)-Evolve8-rotating teacher **Advanced sign-up required**

SUNDAYS

9:30-10:30am-Yoga Booty-Alanna

11-12pm-Gentle Hatha-Alanna

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