



905-525-1010 | evolve-massage.ca

MONDAYS

10am-11am-Slow Flow (gently heated)-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-9:45pm-Relax & Refresh-Guided Meditation-Evolve8-Kat

TUESDAYS

12pm-1pm-Hot Power Flow-Evolve5-Christine
4:30-5:30pm-Yin-Daniele (**canceled for the summer**)
6pm-7pm-Yin-Daniele
7:30-8:45pm-Reiki Restorative-Mark
9:15pm-10:15pm-Hot Gentle Hatha-Daniele

WEDNESDAYS

12-1pm-Intro to Yoga-Evolve5-Erica
4:30-5:30pm-Slow Flow (gently heated)-Daniele
6pm-7pm-Gentle Hatha-Evolve8-Alanna
7:45-8:45pm-Hot Vinyasa Flow-Jenn (**canceled for the summer**)
9:15-10:15pm-Relax & Rejuvenate (hot)-Kat (**canceled for the summer**)

THURSDAYS

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

FRIDAYS

8:30am-9:30am-Slow Flow-Advanced Registration required-Christine
10-11am-Restorative-gently heated-Christine
12-1pm-Hot Yin Yang-Evolve5-Alanna
4-5pm-Hot Vinyasa Flow-Evolve8-Daniele (**canceled for the summer**)
5:30-6:30pm-Relax & Rejuvenate-reduced heat-Daniele

SATURDAYS

9-10am-Hot Core Flow-Alanna

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

12-1pm-Yoga Fundamentals-Mark

8-9pm-Gentle Yoga-Evolve8-Jenn or Daniele (**canceled for the summer**)

SUNDAYS

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

11-12pm-Gentle Hatha-Alanna

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