



**905-525-1010 | [evolve-massage.ca](http://evolve-massage.ca)**

#### MONDAYS

10am-11am-Slow Flow (gently heated)-Christine  
12-1pm-Gentle Hatha-Evolve10-Jenn  
4:45pm-5:45pm-Hot Core Flow-Evolve12-Alanna  
6pm-7pm-Hot Yin-Alanna  
7:30-8:45pm-Yin Yang-Kat  
9pm-9:45pm-Relax & Refresh-Guided Meditation-Evolve12-Kat

#### TUESDAYS

12pm-1pm-Hot Power Flow-Evolve10-Christine  
4:45-5:45pm-Hot Hatha-Daniele  
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-Evolve10-Melissa  
4:30-5:30pm-Slow Flow (gently heated)-Daniele  
6pm-7pm-Gentle Hatha-Evolve12-Alanna  
7:45-8:45pm-Hot Vinyasa Flow-Jenn  
9:15-10:15pm-Relax & Rejuvenate (hot)-Kat

#### THURSDAYS

12-1pm-Vinyasa Detox Flow (hot)-Evolve10-Daniele  
6-7pm-Slow Flow (warm)-Daniele  
7:30-8:30pm-Restorative-Daniele  
9:15pm-10:15pm-Hot Hatha-Evolve12-Alanna

#### FRIDAYS

8:30am-9:30am-Slow Flow-Advanced Registration required-Christine  
10-11am-Restorative-gently heated-Christine  
12-1pm-Hot Yin Yang-Evolve10-Alanna  
4-5pm-Hot Vinyasa Flow-Evolve12-Daniele  
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-Evolve12-Jenn or Daniele

## SUNDAYS

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

11-12pm-Gentle Hatha-Alanna

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