



905-525-1010 | evolve-massage.ca

MONDAYS

12-1pm-Gentle Hatha-Evolve10-Jenn
5-6pm-Hot Vinyasa Flow-Rosemarie
7-8pm-Yoga Nidra-Rosemarie

TUESDAYS

10-11am-Slow Flow-reduced heat-Christine
12-1pm-Hot Power Flow-Evolve10-Christine
6-7pm-Aromatherapy Yin-Rosemarie
8-9pm-Gentle Hatha-Mark

WEDNESDAYS

12-1pm-Ying Yang-Evolve10-Kevin
5-6pm-Slow Flow-Rosemarie
7:30-8:30pm-Hot Vinyasa Flow-Jenn

THURSDAYS

12-1pm-Vinyasa Flow-Evolve10-Rosemarie
6-7pm-Slow Flow-reduced heat-Mark
8-9pm-Deep Yin-Mark

FRIDAYS

10-11am-Gentle Hatha-Christine
6-7pm-Relax & Rejuvenate-reduced heat-Alana

SATURDAYS

10:30-11:30am-Hot Reiki Yin-Mark
12-1pm-Gentle Hatha-Mark