

~ February 2019 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 900 Yoga Detox – Des <b>75min</b> 515 Hot Karma - Lacey <b>75min</b>	<b>2</b> 900 Hot Freedom Flow-Cherisse <b>75min</b>
<b>3</b> 1000 Hot Hatha – Teddi 400 Candlelight Yin -Warren	<b>4</b> 900 Hot Freedom Flow - Taylor 530 Release, Restore & Meditate Taylor 700 Foundations Flow - Teddi	<b>5</b> 900 Hatha - Janay 530 Original Hot - Teddi 700 Candlelight Yin - Vivian	<b>6</b> 900 Hot Hatha - Taylor 530 Hot Sculpt/Stretch- Des 645 Hot Hatha -Sarah	<b>7</b> 900 Hot Sculpt/Stretch -Taylor 530 Hot Freedom Flow -Taylor 700 Stretch and Release -Taylor	<b>8</b> 900 Yoga Detox – Janay <b>75min</b> 515 Hot Karma - Lacey <b>75min</b>	<b>9</b> 900 Hot Freedom Flow- Sarah <b>75min</b>
<b>10</b> 1000 Hot Hatha – Teddi 400 Candlelight Yin -Warren	<b>11</b> 900 Hot Freedom Flow - Taylor 530 Release, Restore & Meditate - Taylor 700 Foundations Flow - Teddi	<b>12</b> 900 Hatha - Janay 530 Original Hot - Teddi 700 Candlelight Yin - Warren	<b>13</b> 900 Hot Hatha - Taylor 530 Hot Sculpt/Stretch-Des 645 Hot Hatha -Sarah	<b>14</b> 900 Hot Sculpt/Stretch -Taylor 530 Hot Freedom Flow -Taylor 700 Stretch and Release -Taylor	<b>15</b> 900 Yoga Detox – Janay <b>75min</b> 515 Hot Karma - Cherisse <b>75min</b>	<b>16</b> 900 Hot Freedom Flow- Sarah <b>75min</b>
<b>17</b> 1000 Hot Hatha - Teddi 400 Candlelight Yin - Warren	<b>18</b> 900 Hot Freedom Flow - Lisa <b>FAMILY DAY</b> <b>NO 530 PM CLASS</b> 700 Original Hot - Sarah	<b>19</b> 900 Original Hot - Lisa 530 Foundations Flow - Lindsay 700 Candlelight Yin - Vivian	<b>20</b> 900 Hot Hatha - Lisa 530 Hot Sculpt/Stretch-Des 645 Hot Hatha -Sarah	<b>21</b> 900 Hot Sculpt/Stretch -Lisa 530 Hot Freedom Flow -Cherisse 700 Stretch and Release -Cherisse	<b>22</b> 900 Yoga Detox – Des <b>75min</b> 515 Hot Karma- Lacey <b>75min</b>	<b>23</b> 900 Hot Freedom Flow-Sarah <b>75min</b>
<b>24</b> 1000 Hot Hatha - Teddi 400 Candlelight Yin - Warren	<b>25</b> 900 Hot Freedom Flow - Taylor 530 Release, Restore & Meditate - Taylor 700 Original Hot - Sarah	<b>26</b> 900 Original Hot - Lisa 530 Foundations Flow - Lindsay 700 Candlelight Yin - Vivian	<b>27</b> 900 Hot Hatha -Taylor 530 Hot Sculpt/Stretch-Des 645 Hot Hatha -Sarah	<b>28</b> 900 Hot Sculpt/Stretch -Lisa 530 Hot Freedom Flow -Taylor 700 Stretch and Release -Taylor	<p align="center"> <b>Check our online schedule for most updated times, changes and updates</b>  <a href="http://www.nolimitsfitness.ca">www.nolimitsfitness.ca</a>  <b>All classes are 60 min unless otherwise stated.</b>  <b>Yin and Stretch &amp; Release classes are unheated</b> </p>	

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