



**BIKRAM YOGA FOREST HILL**  
The Original Hot Yoga

# MARCH 2010

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|--|--|---|--|--|---|---|
|  | <b>1</b><br>6:30am Debbie<br>9:30am Paul<br>12:00pm Andrew<br>5:30pm Alex<br>7:30pm Alex   | <b>2</b><br>9:30am Gloria<br>12:00pm Gloria<br>5:30pm Andrea<br>7:30pm Andrea | <b>3</b><br>6:30am Debbie<br>9:30am Gloria<br>12:00pm Gloria<br>5:30pm Janice<br>7:30pm Barbora  | <b>4</b><br>9:30am Leslie<br>12:00pm Leslie<br>5:30pm Andrew<br>7:30pm Andrew  | <b>5</b><br>9:30am Janice<br>12:00pm Gloria<br>4:00pm Barbora<br>6:00pm Barbora | <b>6</b><br>8:00am Janice<br>10:00am Gloria<br>3:00pm Alex  |
| <b>7</b><br>10:00am Janice<br>12:00pm Debbie<br>4:00pm Alex  | <b>8</b><br>6:30am Debbie<br>9:30am Andrea<br>12:00pm Andrea<br>5:30pm Alex<br>7:30pm Alex | <b>9</b><br>9:30am Gloria<br>12:00pm Gloria<br>5:30pm David<br>7:30pm Andrea  | <b>10</b><br>6:30am Debbie<br>9:30am Gloria<br>12:00pm Gloria<br>5:30pm Paul<br>7:30pm Barbora   | <b>11</b><br>9:30am Andrew<br>12:00pm Andrew<br>5:30pm Alex<br>7:30pm Alex     | <b>12</b><br>9:30am Paul<br>12:00pm Teisha<br>4:00pm Andrew<br>6:00pm Barbora   | <b>13</b><br>8:00am Leslie<br>10:00am Gloria<br>3:00pm Alex |
| <b>14</b><br>10:00am Gloria<br>12:00pm Gloria<br>4:00pm Alex   | <b>15</b><br>6:30am Debbie<br>9:30am Paul<br>12:00pm Andrew<br>5:30pm Alex<br>7:30pm Alex  | <b>16</b><br>9:30am Gloria<br>12:00pm Gloria<br>5:30pm David<br>7:30pm Andrea | <b>17</b><br>6:30am Debbie<br>9:30am David<br>12:00pm David<br>5:30pm Barbora<br>7:30pm Barbora  | <b>18</b><br>9:30am Alex<br>12:00pm Alex<br>5:30pm Andrew<br>7:30pm Andrew     | <b>19</b><br>9:30am Gloria<br>12:00pm Gloria<br>4:00pm Andrew<br>6:00pm Barbora | <b>20</b><br>8:00am Debbie<br>10:00am Gloria<br>3:00pm Alex |
| <b>21</b><br>10:00am Janice<br>12:00pm Debbie<br>4:00pm Alex   | <b>22</b><br>6:30am Debbie<br>9:30am Paul<br>12:00pm Gloria<br>5:30pm Alex<br>7:30pm Alex  | <b>23</b><br>9:30am Gloria<br>12:00pm Gloria<br>5:30pm David<br>7:30pm Andrea | <b>24</b><br>6:30am Debbie<br>9:30am Gloria<br>12:00pm Gloria<br>5:30pm Janice<br>7:30pm Barbora | <b>25</b><br>9:30am Leslie<br>12:00pm Leslie<br>5:30pm Andrew<br>7:30pm Andrew | <b>26</b><br>9:30am Paul<br>12:00pm Teisha<br>4:00pm Janice<br>6:00pm Barbora   | <b>27</b><br>8:00am Leslie<br>10:00am Gloria<br>3:00pm Lisa |
| <b>28</b><br>10:00am Barbora<br>12:00pm Debbie<br>4:00pm Paul  | <b>29</b><br>6:30am Debbie<br>9:30am Andrew<br>12:00pm Paul<br>5:30pm Alex<br>7:30pm Alex  | <b>30</b><br>9:30am Margarie<br>12:00pm Lisa<br>5:30pm David<br>7:30pm Andrew | <b>31</b><br>6:30am Debbie<br>9:30am David<br>12:00pm David<br>5:30pm Janice<br>7:30pm Barbora   | <b>1</b><br>9:30am Alex<br>12:00pm Alex<br>5:30pm Andrew<br>7:30pm Alex        | <b>2</b><br>10:00am Alex<br>12:00pm Alex<br>4:00pm Barbora                      | <b>3</b><br>8:00am Debbie<br>10:00am Janice<br>3:00pm Alex  |
| <b>4</b><br>10:00am Barbora<br>12:00pm Barbora<br>4:00pm Alex  |  |   |  |  |   |   |
| <p>DOORS OPEN 1/2 hour before Class Begins<br/> <b>6:15AM FOR EARLY BIRD CLASSES</b><br/> <b>416-789-9642/416-551-8456</b></p> |  |   |  |  |   |   |