

# FEBRUARY 2012 - REGULAR TEMPERATURE

kula

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			- 1 -	- 2 -	- 3 -	- 4 -
			9:30 <b>hatha I - II</b> (90) <i>joanne</i> 12:00 <b>hatha Basics</b> ☸ \$8 (60) <i>allan</i>  5:00 ashtanga II (90) <i>grant</i> 6:45 ashtanga I (75) <i>grant</i> 8:30 <b>hatha I</b> (60) <i>sonja</i>	6:30 <b>hatha *</b> (60) <i>kim</i> 9:30 <b>anusara-in I - II</b> (75) <i>kim</i> 11:30 ashtanga I (75) <i>christine u</i> 1:30 level III (108) <i>grant</i>  5:00 <b>yin/meditate</b> (90) <i>grant</i> 6:45 <b>intro to yoga I workshop</b> (90) <i>sofia</i> 8:30 <b>vinyasa core</b> (60) <i>christine u</i>	9:30 <b>yoga therapy</b> (90) <i>shelley</i>  5:00 <b>young yogis</b> (60) <i>stephanie</i> 6:30 <b>restorative</b> (90) <i>shelley</i>	8:30 <b>ashtanga basics</b> (75) <i>brittany</i> 10:00 <b>ashtanga II</b> (90) <i>brittany</i> 12:00 <b>anusara-in I</b> (60) <i>marinella</i>
- 5 -	- 6 -	- 7 -	- 8 -	- 9 -	- 10 -	- 11 -
8:30 <b>hatha I</b> (90) <i>jannine</i> 10:15 <b>pre-natal</b> (75) <i>jannine</i> 12:00 <b>little yogis</b> (60) <i>stephanie</i>  3:00 <b>weights</b> (75) <i>pamela</i> 5:00 <b>restorative</b> (90) <i>shelley</i>	9:30 <b>yoga for 50+</b> (75) <i>allan</i>  6:30 <b>anusara-in II</b> (90) <i>marinella</i> 8:30 <b>yoga therapeutics</b> (60) <i>marinella</i>	9:30 <b>weights</b> (75) <i>pamela</i> 11:30 ashtanga I (75) <i>christine u</i>  5:00 ashtanga basics (75) <i>brittany</i> 6:45 ashtanga II (90) <i>brittany</i> 8:30 <b>hatha basics</b> (60) <i>kristen</i>	9:30 <b>hatha I - II</b> (90) <i>jesse</i> 12:00 <b>hatha Basics</b> ☸ \$8 (60) <i>allan</i>  5:00 ashtanga II (90) <i>grant</i> 6:45 ashtanga I (75) <i>grant</i> 8:30 <b>hatha I</b> (60) <i>sonja</i>	6:30 <b>hatha *</b> (60) <i>kim</i> 9:30 <b>anusara-in I - II</b> (75) <i>kim</i> 11:30 ashtanga I (75) <i>christine u</i> 1:30 level III (108) <i>grant</i>  5:00 <b>yin/meditate</b> (90) <i>grant</i> 6:45 <b>intro to yoga I workshop</b> (90) <i>sofia</i> 8:30 <b>vinyasa core</b> (60) <i>christine u</i>	9:30 <b>yoga therapy</b> (90) <i>shelley</i>  5:00 <b>young yogis</b> (60) <i>stephanie</i> 6:30 <b>restorative</b> (90) <i>shelley</i>	8:30 <b>ashtanga basics</b> (75) <i>brittany</i> 10:00 <b>ashtanga II</b> (90) <i>brittany</i> 12:00 <b>anusara-in I</b> (60) <i>marinella</i>
- 12 -	- 13 -	- 14 -	- 15 -	- 16 -	- 17 -	- 18 -
8:30 <b>hatha I</b> (90) <i>jannine</i> 10:15 <b>pre-natal</b> (75) <i>jannine</i> 12:00 <b>little yogis</b> (60) <i>stephanie</i>  3:00 <b>weights</b> (75) <i>pamela</i> 5:00 <b>restorative</b> (90) <i>shelley</i>  7:00 <b>thai massage for couples workshop</b> (120) <i>christine u</i>	9:30 <b>yoga for 50+</b> (75) <i>allan</i>  6:30 <b>anusara-in II</b> (90) <i>marinella</i> 8:30 <b>yoga therapeutics</b> (60) <i>marinella</i>	9:30 <b>weights</b> (75) <i>pamela</i> 11:30 ashtanga I (75) <i>christine u</i>  5:00 ashtanga basics (75) <i>brittany</i> 6:45 ashtanga II (90) <i>brittany</i> 8:30 <b>hatha basics</b> (60) <i>kristen</i>	9:30 <b>hatha I - II</b> (90) <i>joanne</i> 12:00 <b>hatha Basics</b> ☸ \$8 (60) <i>allan</i>  5:00 ashtanga II (90) <i>grant</i> 6:45 ashtanga I (75) <i>grant</i> 8:30 <b>hatha I</b> (60) <i>sonja</i>	6:30 <b>hatha *</b> (60) <i>kim</i> 9:30 <b>anusara-in I - II</b> (75) <i>kim</i> 11:30 ashtanga I (75) <i>christine u</i> 1:30 level III (108) <i>grant</i>  5:00 <b>yin/meditate</b> (90) <i>grant</i> 6:45 <b>intro to yoga I workshop</b> (90) <i>sofia</i> 8:30 <b>vinyasa core</b> (60) <i>christine u</i>	9:30 <b>yoga therapy</b> (90) <i>shelley</i>  5:00 <b>young yogis</b> (60) <i>stephanie</i> 6:30 <b>restorative</b> (90) <i>shelley</i>	8:30 <b>ashtanga basics</b> (75) <i>brittany</i> 10:00 <b>ashtanga II</b> (90) <i>brittany</i> 12:00 <b>anusara-in I</b> (60) <i>marinella</i>
- 19 -	- 20 -	- 21 -	- 22 -	- 23 -	- 24 -	- 25 -
8:30 <b>hatha I</b> (90) <i>jannine</i> 10:15 <b>pre-natal</b> (75) <i>jannine</i>  3:00 <b>weights</b> (75) <i>pamela</i> 5:00 <b>restorative</b> (90) <i>shelley</i>	9:30 <b>yoga for 50+</b> (75) <i>allan</i>  6:30 <b>anusara-in II</b> (90) <i>marinella</i> 8:30 <b>yoga therapeutics</b> (60) <i>marinella</i>	9:30 <b>weights</b> (75) <i>pamela</i> 11:30 ashtanga I (75) <i>christine u</i>  5:00 ashtanga basics (75) <i>brittany</i> 6:45 ashtanga II (90) <i>brittany</i> 8:30 <b>hatha basics</b> (60) <i>kristen</i>	9:30 <b>hatha I - II</b> (90) <i>joanne</i> 12:00 <b>hatha Basics</b> ☸ \$8 (60) <i>allan</i>  5:00 ashtanga II (90) <i>grant</i> 6:45 ashtanga I (75) <i>grant</i> 8:30 <b>hatha I</b> (60) <i>sonja</i>	6:30 <b>hatha *</b> (60) <i>kim</i> 9:30 <b>anusara-in I - II</b> (75) <i>kim</i> 11:30 ashtanga I (75) <i>christine u</i> 1:30 level III (108) <i>grant</i>  5:00 <b>yin/meditate</b> (90) <i>grant</i> 6:45 <b>intro to yoga I workshop</b> (90) <i>sofia</i> 8:30 <b>vinyasa core</b> (60) <i>christine u</i>	9:30 <b>yoga therapy</b> (90) <i>shelley</i>  5:00 <b>young yogis</b> (60) <i>stephanie</i> 6:30 <b>restorative</b> (90) <i>shelley</i>	8:30 <b>ashtanga basics</b> (75) <i>marinella</i> 10:00 <b>ashtanga II</b> (90) <i>marinella</i> 12:00 <b>anusara-in I</b> (60) <i>marinella</i>
- 26 -	- 27 -	- 28 -	- 29 -			
8:30 <b>hatha I</b> (90) <i>jannine</i> 10:15 <b>pre-natal</b> (75) <i>jannine</i> 12:00 <b>little yogis</b> (60) <i>stephanie</i>  3:00 <b>weights</b> (75) <i>pamela</i> 5:00 <b>restorative</b> (90) <i>shelley</i>	9:30 <b>yoga for 50+</b> (75) <i>allan</i>  6:30 <b>anusara-in II</b> (90) <i>marinella</i> 8:30 <b>yoga therapeutics</b> (60) <i>marinella</i>	9:30 <b>weights</b> (75) <i>pamela</i> 11:30 ashtanga I (60) <i>christine u</i>  5:00 ashtanga basics (75) <i>brittany</i> 6:45 ashtanga II (90) <i>brittany</i> 8:30 <b>hatha basics</b> (60) <i>kristen</i>	9:30 <b>hatha I - II</b> (90) <i>joanne</i> 12:00 <b>hatha Basics</b> ☸ \$8 (60) <i>allan</i>  5:00 ashtanga II (90) <i>grant</i> 6:45 ashtanga I (75) <i>grant</i> 8:30 <b>hatha I</b> (60) <i>kristen</i>			* Reduced heat

# FEBRUARY 2012 - HOT YOGA

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			- 1 -	- 2 -	- 3 -	- 4 -
			6:30 <b>hatha</b> (75) <i>joanne</i> 9:30 <b>hatha</b> ☸ \$8 (60) <i>megan</i> 12:00 <b>hatha</b> (60) <i>joanne</i>	6:30 <b>hatha</b> * (60) <i>kim</i> 9:30 <b>pilates</b> (75) <i>melissa</i> 12:00 <b>hatha</b> (60) <i>sonja</i>	6:30 <b>hatha</b> (75) <i>colin</i> 9:30 <b>hatha</b> (90) <i>sheri</i> 12:00 <b>hatha</b> (60) <i>sheri</i>	8:00 <b>hatha</b> (90) <i>mary lynn</i> 10:00 <b>hatha</b> (75) <i>mary lynn</i> 12:00 <b>hatha</b> (60) <i>mary lynn</i>
			4:45 <b>vinyasa</b> (75) <i>trish</i> 6:45 <b>hatha</b> (75) <i>trish</i> 8:30 <b>hatha</b> (60) <i>trish</i>	5:00 <b>hatha</b> (60) <i>sonja</i> 7:00 <b>hatha</b> (60) <i>mary lynn</i> 8:30 <b>yin-yang</b> ☸ \$8 (75) <i>becky</i>	4:45 <b>vinyasa</b> (75) <i>rose</i> 6:30 <b>karma-donation</b> (75) <i>rose</i>	3:00 <b>hatha</b> ☸ \$8 (60) <i>stephanie</i> 4:30 <b>yoga for runners &amp; athletes</b> (75) <i>stephanie</i>
- 5 -	- 6 -	- 7 -	- 8 -	- 9 -	- 10 -	- 11 -
8:00 <b>hatha</b> (90) <i>adam</i> 10:00 <b>hatha</b> ☸ \$8 (75) <i>adam</i> 12:00 <b>hatha</b> (60) <i>jen</i>	6:30 <b>hatha</b> (75) <i>jesse</i> 9:30 <b>hatha</b> (90) <i>jesse</i> 12:00 <b>hatha</b> (60) <i>jesse</i>	6:30 <b>hatha</b> ☸ \$8 (60) <i>sofia</i> 9:30 <b>hatha</b> (60) <i>sofia</i> 12:00 <b>hatha</b> (60) <i>sofia</i>	6:30 <b>hatha</b> (75) <i>jesse</i> 9:30 <b>pilates</b> (75) <i>shonna</i> 12:00 <b>hatha</b> (60) <i>sofia</i>	6:30 <b>hatha</b> * (60) <i>kim</i> 9:30 <b>hatha</b> (60) <i>jesse</i> 12:00 <b>hatha</b> (60) <i>sonja</i>	6:30 <b>hatha</b> (75) <i>jesse</i> 9:30 <b>hatha</b> ☸ \$8 (90) <i>jesse</i> 12:00 <b>hatha</b> (60) <i>jesse</i>	8:00 <b>hatha</b> (90) <i>mary lynn</i> 10:00 <b>hatha</b> (75) <i>mary lynn</i> 12:00 <b>hatha</b> (60) <i>mary lynn</i>
3:00 <b>hatha</b> (75) <i>sofia</i> 5:00 <b>hatha</b> (60) <i>sofia</i> 7:00 <b>community</b> \$5 (60) <i>sarah</i>	4:45 <b>vinyasa</b> (75) <i>trish</i> 6:30 <b>detox flow</b> (90) <i>trish</i> 8:30 <b>vinyasa</b> (60) <i>trish</i>	5:00 <b>vinyasa</b> ☸ \$8 (60) <i>megan</i> 7:00 <b>hatha</b> (60) <i>mary lynn</i> 8:30 <b>hatha</b> (60) <i>chris</i>	4:45 <b>live music vinyasa</b> (75) <i>trish</i> 6:45 <b>hatha</b> (75) <i>trish</i> 8:30 <b>hatha</b> (60) <i>trish</i>	5:00 <b>hatha</b> (60) <i>sonja</i> 6:45 <b>pilates</b> (75) <i>shonna</i> 8:30 <b>yin-yang</b> ☸ \$8 (75) <i>becky</i>	4:45 <b>vinyasa</b> (75) <i>rose</i> 6:30 <b>karma-donation</b> (75) <i>rose</i>	3:00 <b>hatha</b> ☸ \$8 (60) <i>stephanie</i> 4:30 <b>yoga for runners &amp; athletes</b> (75) <i>stephanie</i>
- 12 -	- 13 -	- 14 -	- 15 -	- 16 -	- 17 -	- 18 -
8:00 <b>hatha</b> (90) <i>chris</i> 10:00 <b>hatha</b> ☸ \$8 (75) <i>chris</i> 12:00 <b>hatha</b> (60) <i>jen</i>	6:30 <b>hatha</b> (75) <i>joanne</i> 9:30 <b>hatha</b> (90) <i>joanne</i> 12:00 <b>hatha</b> (60) <i>joanne</i>	6:30 <b>hatha</b> ☸ \$8 (60) <i>sofia</i> 9:30 <b>hatha</b> (60) <i>sofia</i> 12:00 <b>hatha</b> (60) <i>sofia</i>	6:30 <b>hatha</b> (75) <i>joanne</i> 9:30 <b>pilates</b> (75) <i>shonna</i> 12:00 <b>hatha</b> (60) <i>joanne</i>	6:30 <b>hatha</b> * (60) <i>kim</i> 9:30 <b>hatha</b> (60) <i>jesse</i> 12:00 <b>hatha</b> (60) <i>sonja</i>	6:30 <b>hatha</b> (75) <i>colin</i> 9:30 <b>hatha</b> ☸ \$8 (90) <i>jesse</i> 12:00 <b>hatha</b> (60) <i>joanne</i>	8:00 <b>hatha</b> (90) <i>elise</i> 10:00 <b>hatha</b> (75) <i>elise</i> 12:00 <b>hatha</b> (60) <i>elise</i>
3:00 <b>hatha</b> (75) <i>sofia</i> 5:00 <b>hatha</b> (60) <i>sofia</i> 7:00 <b>community</b> \$5 (60) <i>elsa</i>	4:45 <b>vinyasa</b> (75) <i>trish</i> 6:30 <b>detox flow</b> (90) <i>trish</i> 8:30 <b>vinyasa</b> (60) <i>trish</i>	5:00 <b>vinyasa</b> ☸ \$8 (60) <i>megan</i> 7:00 <b>hatha</b> (60) <i>mary lynn</i> 8:30 <b>hatha</b> (60) <i>chris</i>	4:45 <b>live music vinyasa</b> (75) <i>trish</i> 6:45 <b>hatha</b> (75) <i>trish</i> 8:30 <b>hatha</b> (60) <i>trish</i>	5:00 <b>hatha</b> (60) <i>sonja</i> 6:45 <b>pilates</b> (75) <i>shonna</i> 8:30 <b>yin-yang</b> ☸ \$8 <i>becky</i>	4:45 <b>vinyasa</b> (75) <i>rose</i> 6:30 <b>karma-donation</b> (75) <i>rose</i>	3:00 <b>hatha</b> ☸ \$8 (60) <i>stephanie</i> 4:30 <b>yoga for runners &amp; athletes</b> (75) <i>stephanie</i>
- 19 -	- 20 -	- 21 -	- 22 -	- 23 -	- 24 -	- 25 -
8:00 <b>hatha</b> (90) <i>adam</i> 10:00 <b>hatha</b> ☸ \$8 (75) <i>adam</i> 12:00 <b>hatha</b> (60) <i>jen</i>	6:30 <b>hatha</b> (75) <i>joanne</i> 9:30 <b>hatha</b> (90) <i>joanne</i> 12:00 <b>hatha</b> (60) <i>joanne</i>	6:30 <b>hatha</b> ☸ \$8 (60) <i>sofia</i> 9:30 <b>hatha</b> (60) <i>sofia</i> 12:00 <b>hatha</b> (60) <i>sofia</i>	6:30 <b>hatha</b> (75) <i>joanne</i> 9:30 <b>pilates</b> (75) <i>shonna</i> 12:00 <b>hatha</b> (60) <i>joanne</i>	6:30 <b>hatha</b> * (60) <i>kim</i> 9:30 <b>hatha</b> (60) <i>jesse</i> 12:00 <b>hatha</b> (60) <i>sonja</i>	6:30 <b>hatha</b> (75) <i>joanne</i> 9:30 <b>hatha</b> ☸ \$8 (90) <i>joanne</i> 12:00 <b>hatha</b> (60) <i>joanne</i>	8:00 <b>hatha</b> (90) <i>jesse</i> 10:00 <b>hatha</b> (75) <i>jesse</i> 12:00 <b>hatha</b> (60) <i>jesse</i>
3:00 <b>hatha</b> (75) <i>sofia</i> 5:00 <b>hatha</b> (60) <i>sofia</i> 7:00 <b>community</b> \$5 (60) <i>devin</i>	4:45 <b>vinyasa</b> (75) <i>trish</i> 6:30 <b>detox flow</b> (90) <i>trish</i> 8:30 <b>vinyasa</b> (60) <i>trish</i>	5:00 <b>vinyasa</b> ☸ \$8 (60) <i>megan</i> 7:00 <b>hatha</b> (60) <i>elise</i> 8:30 <b>hatha</b> (60) <i>chris</i>	4:45 <b>live music vinyasa</b> (75) <i>izabela</i> 6:45 <b>hatha</b> (75) <i>izabela</i> 8:30 <b>hatha</b> (60) <i>izabela</i>	5:00 <b>hatha</b> (60) <i>sonja</i> 6:45 <b>pilates</b> (75) <i>shonna</i> 8:30 <b>yin-yang</b> ☸ \$8 (75) <i>becky</i>	4:45 <b>vinyasa</b> (75) <i>elise</i> 6:30 <b>karma-donation</b> (75) <i>elise</i>	3:00 <b>hatha</b> ☸ \$8 (60) <i>stephanie</i> 4:30 <b>yoga for runners &amp; athletes</b> (75) <i>stephanie</i>
- 26 -	- 27 -	- 28 -	- 29 -			
8:00 <b>hatha</b> (90) <i>chris</i> 10:00 <b>hatha</b> ☸ \$8 (75) <i>chris</i> 12:00 <b>hatha</b> (60) <i>jen</i>	6:30 <b>hatha</b> (75) <i>joanne</i> 9:30 <b>hatha</b> (90) <i>joanne</i> 12:00 <b>hatha</b> (60) <i>joanne</i>	6:30 <b>hatha</b> ☸ \$8 (60) <i>sofia</i> 9:30 <b>hatha</b> (60) <i>sofia</i> 12:00 <b>hatha</b> (60) <i>sofia</i>	6:30 <b>hatha</b> (75) <i>joanne</i> 9:30 <b>pilates</b> (75) <i>shonna</i> 12:00 <b>hatha</b> (60) <i>joanne</i>			* Reduced heat
3:00 <b>hatha</b> (75) <i>elise</i> 5:00 <b>hatha</b> (60) <i>elise</i> 7:00 <b>community</b> \$5 (60) <i>sarah</i>	4:45 <b>vinyasa</b> (75) <i>trish</i> 6:30 <b>detox flow</b> (90) <i>trish</i> 8:30 <b>vinyasa</b> (60) <i>trish</i>	5:00 <b>vinyasa</b> ☸ \$8 (60) <i>megan</i> 7:00 <b>hatha</b> (60) <i>mary lynn</i> 8:30 <b>hatha</b> (60) <i>chris</i>	4:45 <b>live music vinyasa</b> (75) <i>trish</i> 6:45 <b>hatha</b> (75) <i>trish</i> 8:30 <b>hatha</b> (60) <i>trish</i>			