

HOT YOGA of DELRAY - NOV. 2020

			week beg. 16-Nov	week beg. 23-Nov
Mon	8:30a	Vinyasa Express	 	Karen
	12.30p	Power Hr	Debi	Debi
	6.30p	Hot Fixed	Rachel	Rachel
Tues	9:00a	Hot Fixed	Jane	Jane
	12.30p	Power Hr	Robert	Robert
	6:30p	Power Hr	Robert	Robert
	7:45p	Yin Hr	Robert	Robert
Wed	9:00a	Vinyasa	Matt	Alli
	12.30p	Power Hr	Debi	Debi
	6:30p	Hot Fixed	Jane	Alli
Thur	9:00a	Hot Fixed	Jane	Jane
	12.30p	Power Hr	Robert	Robert
	6:30p	Vinyasa	Rachel	no class
Fri	9:00a	Vinyasa	no class	Alli
	12.30p	Power Hr	Debi	Alli
	6.30p	Hot Fixed	Matt	no class
Sat	10.30a	Hot Fixed	Jane	Jane
	12.30p	Power Hr	Alli	Alli
Sun	10.30a	Hot Fixed	Matt	Matt
	12.30p	Power Hr	Robert	Robert

Vinyasa Express = 45 mins
Hot Fixed = 75 mins
Vinyasa = 75 mins
Power Hr = 60 mins
Yin Hr = 60 mins

THANKSGIVING SCHEDULE
26th + 27th: No 6:30pm