

HOT YOGA OF DELRAY WEEK of: OCT 11th - 17th

Mon Oct 11, 2021

	<u>Classes</u>	<u>Teacher</u>
9:00 - 10:15 am	Hot Fixed (75 min)	Alli
12:30 - 1:30 pm	Power Vinyasa (60 min)	Matthew
5:15 - 6:15pm	Follow Your Heart (60 mins)	Jules
6:30 - 7:45 pm	Hot Fixed (75 min)	Jules

Tue Oct 12, 2021

9:00 - 10:15 am	Hot Fixed (75 min)	Matthew
12:30 - 1:30 pm	Power Vinyasa (60 min)	Barbara
6:30 - 7:30 pm	Power Vinyasa (60 min)	Robert

Wed Oct 13, 2021

9:00 - 10:15 am	Hot Fixed (75 min)	Alli
12:30 - 1:30 pm	Power Vinyasa (60 min)	Jules
6:30 - 7:45 pm	Hot Fixed (75 min)	Matthew

Thu Oct 14, 2021

9:00 - 10:15 am	Hot Fixed (75 min)	Jane
12:30 - 1:30 pm	Power Vinyasa (60 min)	Robert
6:30 - 7:45 pm	Vinyasa (75 min)	Andre

Fri Oct 15, 2021

9:00 - 10:15 am	Hot Fixed (75 min)	Alli
12:30 - 1:30 pm	Power Vinyasa (60 min)	Alli
6:30 - 7:45 pm	Hot Fixed (75 min)	Matthew

Sat Oct 16, 2021

9:30 - 10:45 am	Hot Fixed (75 min)	Jane
12:30 - 1:30 pm	Power Vinyasa (60 min)	Alli

Sun Oct 17, 2021

9:30 - 10:45 am	Hot Fixed (75 min)	Lisa RS
12:30 - 1:30 pm	Power Vinyasa (60 min)	Robert
5:00 - 6:15 pm	Hot Fixed (75 min)	Matthew