

HOT YOGA OF DELRAY WEEK of: DEC 6th - 12th

Mon Dec 06, 2021

	<u>Classes</u>	<u>Teacher</u>
9:00 - 10:15 am	Hot Fixed (75 min)	Shari
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 Dec 07, 2021

7:00 - 8:00 am	Hot Fixed Express (60 min)	Shari
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 Dec 08, 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 Dec 09, 2021

7:00 - 8:00 am	Hot Fixed Express (60 min)	Shari
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 Dec 10, 2021

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

Sat Dec 11, 2021

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

Sun Dec 12, 2021

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