

HOT YOGA OF DELRAY WEEK of: JAN 24th - 30th

Mon Jan 24, 2022

	<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 Jan 25, 2022

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 Jan 26, 2022

7:00 - 8:00 am	Power Vinyasa (60 min)	Alli
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 Jan 27, 2022

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)	Alli
6:30 - 7:45 pm	Vinyasa (75 min)	Andre

Fri Jan 28, 2022

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

Sat Jan 29, 2022

9:30 - 10:45 am	Hot Fixed (75 min)	Jane
11:00a - 12:30 pm	Power Vinyasa (60 min)	Alli

Sun Jan 30, 2022

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

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