

HOT YOGA OF DELRAY WEEK of: JAN 31st - FEB 6th

Mon Jan 31, 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 Feb 01, 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)	Tracey
6:30 - 7:30 pm	Power Vinyasa (60 min)	Robert

Wed Feb 02, 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

Thur Feb 03, 2022

7:00 - 8:00 am	Hot Fixed Express (60 min)	Shari
9:00 - 10:15 am	Hot Fixed (75 min)	Shari
12:30 - 1:30 pm	Power Vinyasa (60 min)	Alli
6:30 - 7:45 pm	Vinyasa (75 min)	Jules

Fri Feb 04, 2022

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

Sat Feb 05, 2022

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

Sun Feb 06, 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

tele: 561-266-2075