

HOT YOGA OF DELRAY WEEK of: MAY 16th - 22nd

Mon May 16, 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
5:25 - 6:25pm	Follow Your Heart (60 mins)	Jules
6:30 - 7:45 pm	Hot Fixed (75 min)	Jules

Tue May 17, 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 May 18, 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 May 19, 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)	Robert
6:30 - 7:45 pm	Vinyasa (75 min)	Andre

Fri May 20, 2022

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

Sat May 21, 2022

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

Sun May 22, 2022

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