

HOT YOGA OF DELRAY WEEK of: MAY 23rd - 29th

Mon May 23, 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 24, 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 25, 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 26, 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 27, 2022

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

Sat May 28, 2022

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

Sun May 29, 2022

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

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