

HOT YOGA OF DELRAY CLASS SCHEDULE

Mondays

9:00 - 10:15 am

12:30 - 1:30 pm

6:30 - 7:45 pm

Classes

Hot Fixed (75 min)

Power Vinyasa (60 min)

Hot Fixed (75 min)

Tuesdays

7:00 - 8:00 am

9:00 - 10:15 am

12:30 - 1:30 pm

6:30 - 7:30 pm

Hot Fixed Express (60 min)

Hot Fixed (75 min)

Power Vinyasa (60 min)

Power Vinyasa (60 min)

Wednesdays

9:00 - 10:15 am

12:30 - 1:30 pm

6:30 - 7:45 pm

Hot Fixed (75 min)

Power Vinyasa (60 min)

Hot Fixed (75 min)

Thursdays

7:00 - 8:00 am

9:00 - 10:15 am

12:30 - 1:30 pm

6:30 - 7:45 pm

Hot Fixed Express (60 min)

Hot Fixed (75 min)

Power Vinyasa (60 min)

Vinyasa (75 min)

Fridays

9:00 - 10:15 am

12:30 - 1:30 pm

Hot Fixed (75 min)

Power Vinyasa (60 min)

Saturdays

9:30 - 10:45 am

12:30 - 1:30 pm

Hot Fixed (75 min)

Power Vinyasa (60 min)

Sundays

9:30 - 10:45 am

12:30 - 1:30 pm

5:00 - 6:15 pm

7:00 - 8:00 pm

Hot Fixed (75 min)

Power Vinyasa (60 min)

Hot Fixed (75 min)

Kundalini (60 min)