

HOT YOGA OF DELRAY CLASS SCHEDULE**

Mondays

9:00 - 10:15 am

12:30 - 1:30 pm

4:30 - 5:30pm

5:45 - 6:45pm

7:00 - 8:15 pm

Classes

Hot 26 & 2 (75 min)

Power Vinyasa (60 min)

Power Vinyasa (60 min)

Follow Your Heart

Hot 26 & 2 (75 min)

Tuesdays

7:00 - 8:00 am

9:00 - 10:15 am

12:30 - 1:30 pm

4:30 - 5:30pm

7:00 - 8:00 pm

Hot 26 & 2 Express (60 min)

Hot 26 & 2 (75 min)

Power Vinyasa (60 min)

Hot 26 & 2 Express (60 min)

Power Vinyasa (60 min)

Wednesdays

9:00 - 10:15 am

12:30 - 1:30 pm

4:30 - 5:30pm

7:00 - 8:15 pm

Hot 26 & 2 (75 min)

Power Vinyasa (60 min)

Power Vinyasa (60 min)

Hot 26 & 2 (75 min)

Thursdays

7:00 - 8:00 am

9:00 - 10:15 am

12:30 - 1:30 pm

4:30 - 5:30pm

7:00 - 8:15 pm

Hot 26 & 2 Express (60 min)

Hot 26 & 2 (75 min)

Power Vinyasa (60 min)

Hot 26 & 2 Express (60 min)

Vinyasa (75 min)

Fridays

9:00 - 10:15 am

12:30 - 1:30 pm

4:30 - 5:30pm

Hot 26 & 2 (75 min)

Power Vinyasa (60 min)

Power Vinyasa (60 min)

Saturdays

9:30 - 10:45 am

12:30 - 1:30 pm

Hot 26 & 2 (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 26 & 2 (75 min)

Power Vinyasa (60 min)

Hot 26 & 2 (75 min)

Kundalini (60 min)

** These are our usual class times - please see "Schedule" tab for any Holiday Changes