

HOT YOGA OF DELRAY WEEKLY SCHEDULE

Mondays

9:00 - 10:15 am
12:30 - 1:30 pm
5:25 - 6:25pm
6:30 - 7:45 pm

Classes

Hot Fixed (75 min)
Power Vinyasa (60 min)
Follow Your Heart (60 mins)
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

Hot Fixed (75 min)
Power Vinyasa (60 min)
Hot Fixed (75 min)