

# **HOT YOGA OF DELRAY CLASS SCHEDULE\*\***

## **Mondays**

9:00 - 10:15 am

12:30 - 1:30 pm

5:45 - 6:45pm

7:00 - 8:15 pm

## **Classes**

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

Follow Your Heart (60 min)

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)

Hot Power Vinyasa (60 min)

Hot 26 & 2 Express (60 min)

Hot Power Vinyasa (60 min)

## **Wednesdays**

9:00 - 10:15 am

12:30 - 1:30 pm

1:45 - 3:00 pm

7:00 - 8:15 pm

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

Yin (75 mins)

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 - 8:00 pm

Hot 26 & 2 Express (60 min)

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

Hot 26 & 2 Express (60 min)

Hot Power Vinyasa (60 min)

## **Fridays**

9:00 - 10:15 am

12:30 - 1:30 pm

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

## **Saturdays**

9:30 - 10:45 am

12:30 - 1:30 pm

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

## **Sundays**

9:30 - 10:45 am

12:30 - 1:30 pm

5:00 - 6:15 pm

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

Hot 26 & 2 (75 min)

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