

HOT YOGA OF DELRAY CLASS SCHEDULE**

Mondays

9:00 - 10:15 am

12:30 - 1:30 pm

4:30 - 5:30 pm

5:45 - 6:45pm

7:00 - 8:15 pm

Classes

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

Hot Power Vinyasa (60 min)

Follow Your Heart (60 min)

Hot 26 & 2 (75 min)

begins 10/09

last class 10/02

Tuesdays

6:30 - 7:30 am

9:00 - 10:15 am

11:00a - 12:00 pm

12:30 - 1:30 pm

7:00 - 8:00 pm

Hot 26 & 2 Express (60 min)

Hot 26 & 2 (75 min)

Hot Core Power (60 mins)

Hot Power Vinyasa (60 min)

Hot Power Vinyasa (60 min)

begins 10/10

Wednesdays

9:00 - 10:15 am

12:30 - 1:30 pm

4:30 - 5:30 pm

7:00 - 8:15 pm

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

Hot Power Vinyasa (60 min)

Hot 26 & 2 (75 min)

begins 10/11

Thursdays

6:30 - 7:30 am

9:00 - 10:15 am

11:00a - 12:00 pm

12:30 - 1:30 pm

7:00 - 8:00 pm

Hot 26 & 2 Express (60 min)

Hot 26 & 2 (75 min)

Hot Core Power (60 mins)

Hot Power Vinyasa (60 min)

Hot Power Vinyasa (60 min)

begins 10/12

Fridays

9:00 - 10:15 am

12:30 - 1:30 pm

4:30 - 5:30 pm

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

Hot Power Vinyasa (60 min)

begins 10/13

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