

HOT YOGA OF DELRAY CLASS SCHEDULE**

Mondays

9:00 - 10:15 am

12:30 - 1:30 pm

~~5:30 - 6:30 pm~~

7:00 - 8:15 pm

Classes

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

~~Hot Vinyasa (60 min)~~

Hot 26 & 2 (75 min)

check back in Sept

Tuesdays

6:30 - 7:30 am

9:00 - 10:00 am

12:30 - 1:30 pm

7:00 - 8:00 pm

Hot 26 & 2 Express (60 min)

Hot Beginner/Slow Flow Vinyasa (60 min)

Hot Power Vinyasa (60 min)

Hot Power Vinyasa (60 min)

Wednesdays

9:00 - 10:15 am

12:30 - 1:30 pm

7:00 - 8:15 pm

Hot 26 & 2 (75 min)

Hot Power Vinyasa (60 min)

Hot 26 & 2 (75 min)

Thursdays

6:30 - 7:30 am

9:00 - 10:00 am

12:30 - 1:30 pm

7:00 - 8:00 pm

Hot 26 & 2 Express (60 min)

Hot Beginner/Slow Flow Vinyasa (60 min)

Hot Power Vinyasa (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