

# HOT YOGA OF DELRAY CLASS SCHEDULE\*\*

## Mondays

7:30 - 8:30 am  
9:00 - 10:15 am  
12:30 - 1:30 pm  
5:30 - 6:30 pm  
7:00 - 8:15 pm

## Classes

Hot Vinyasa (60 min)  
Hot 26 & 2 (75 min)  
Hot Power Vinyasa (60 min)  
Hot Vinyasa (60 min)  
Hot 26 & 2 (75 min)

## Tuesdays

7:30 - 8:30 am  
11:00a - 12:00 pm  
12:30 - 1:30 pm  
7:00 - 8:00 pm

Hot Vinyasa (60 min)  
Hot Yin (60 min)  
Hot Power Vinyasa (60 min)  
Hot Power Vinyasa (60 min)

## Wednesdays

7:30 - 8:30 am  
9:00 - 10:15 am  
12:30 - 1:30 pm  
5:30 - 6:30 pm  
7:00 - 8:15 pm

Hot Vinyasa (60 min)  
Hot 26 & 2 (75 min)  
Hot Power Vinyasa (60 min)  
Hot Vinyasa (60 min)  
Hot 26 & 2 (75 min)

## Thursdays

7:30 - 8:30 am  
11:00a - 12:00 pm  
12:30 - 1:30 pm  
7:00 - 8:00 pm

Hot Vinyasa (60 min)  
Hot Yin (60 min)  
Hot Power Vinyasa (60 min)  
Hot Power Vinyasa (60 min)

## Fridays

7:30 - 8:30 am  
9:00 - 10:15 am  
12:30 - 1:30 pm  
5:30 - 6:30 pm

Hot Vinyasa (60 min)  
Hot 26 & 2 (75 min)  
Hot Power Vinyasa (60 min)  
Hot 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  
7:00 - 8:00 pm

Hot 26 & 2 (75 min)  
Hot Power Vinyasa (60 min)  
Hot 26 & 2 (75 min)  
Hot Yin (60 min)