

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

9:00 - 10:00 am

10:30 - 11:30 am

12:30 - 1:30 pm

5:30 - 6:30 pm

7:00 - 8:00 pm

Hot Vinyasa (60 min)

Hot Mat Pilates (60 min)

Hot Yin (60 min)

Hot Power Vinyasa (60 min)

Hot Mat Pilates (60 min)

Hot Power Vinyasa (60 min)

Wednesdays

7:30 - 8:30 am

9:00 - 10:15 am

10:30 - 11:30 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 Mat Pilates (60 min)

Hot Power Vinyasa (60 min)

Hot Vinyasa (60 min)

Hot 26 & 2 (75 min)

Thursdays

7:30 - 8:30 am

9:00 - 10:00 am

10:30 - 11:30 am

12:30 - 1:30 pm

5:30 - 6:30 pm

7:00 - 8:00 pm

Hot Vinyasa (60 min)

Hot Mat Pilates (60 min)

Hot Yin (60 min)

Hot Power Vinyasa (60 min)

Hot Mat Pilates (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

11:00a - 12:00 pm

12:30 - 1:30 pm

Hot 26 & 2 (75 min)

Hot Mat Pilates (60 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)