

HOT YOGA of DELRAY SEASONAL SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00am (60 mins)	Hot Vinyasa		Hot Vinyasa		Hot Vinyasa		
7:30am (60 mins)		Hot Vinyasa		Hot Vinyasa			
9:00am (75 mins M/W/F) (60 mins Tu/Th)	Hot 26 & 2	Hot Mat Pilates	Hot 26 & 2	Hot Mat Pilates	Hot 26 & 2		
9:30am (75 mins)						Hot 26 & 2	Hot 26 & 2
11:00am (60 mins)						Hot Mat Pilates	Hot Mat Pilates
12:30pm (60 mins)	Hot Power	Hot Power	Hot Power	Hot Power	Hot Power	Hot Power	Hot Power
5:00pm (75 mins)							Hot 26 & 2
5:30pm (60 mins)	Hot Mat Pilates		Hot Mat Pilates		Hot Vinyasa		
7:00pm (75 mins M/W) (60 mins Tu/Th/Su)	Hot 26 & 2	Hot Power	Hot 26 & 2	Hot Power			Hot Yin

classes in **yellow** begin the wk of Nov 17th