

HOT YOGA OF DELRAY CLASS SCHEDULE**

Mondays

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

Classes

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

Tuesdays

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

Hot Vinyasa (60 min)
Hot Mat Pilates (60 min)
Hot Power Vinyasa (60 min)
Hot Power Vinyasa (60 min)

Wednesdays

7:00 - 8:00 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 Mat Pilates (60 min)
Hot 26 & 2 (75 min)

Thursdays

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

Hot Vinyasa (60 min)
Hot Mat Pilates (60 min)
Hot Power Vinyasa (60 min)
Hot Power Vinyasa (60 min)

Fridays

7:00 - 8:00 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
11:00 - 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
11:00 - 12:00 pm
12:30 - 1:30 pm
5:00 - 6:15 pm
7:00 - 8:00 pm

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

** These are our usual class times - please see WEBSITE for any Holiday Changes

[effective 12-10-25]