

HOT YOGA OF DELRAY CLASS SCHEDULE**

Mondays

9:00 - 10:15 am
12:30 - 1:30 pm
5:30 - 6:30 pm
7:00 - 7:45 pm

Classes

Hot 26 & 2 (75 min)
Hot Power Vinyasa (60 min)
Hot Mat Pilates (60 min)
Hot Sculpt (45 mins)

Tuesdays

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

Hot Mat Pilates (60 min)
Hot Power Vinyasa (60 min)
Hot Sculpt (45 mins)
Hot Power Vinyasa (60 min)

Wednesdays

9:00 - 9:45 am
11:00 - 12:00 pm
12:30 - 1:30 pm
5:30 - 6:30 pm
7:00 - 8:15 pm

Hot Sculpt (45 mins)
Hot Yin (60 min)
Hot Power Vinyasa (60 min)
Hot Mat Pilates (60 min)
Hot 26 & 2 (75 min)

Thursdays

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

Hot Mat Pilates (60 min)
Hot Power Vinyasa (60 min)
Hot Sculpt (45 mins)
Hot Power Vinyasa (60 min)

Fridays

9:00 - 10:15 am
11:00 - 12:00 pm
12:30 - 1:30 pm
5:30 - 6:30 pm

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

Saturdays

8:30 - 9:15 am
9:30 - 10:45 am
11:00 - 12:00 pm
12:30 - 1:30 pm

Hot Sculpt (45 mins)
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
5:30 - 6:30 pm

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

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

[effective 04-13-26]