

# **HOT YOGA OF DELRAY CLASS SCHEDULE\*\***

## **Mondays**

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

## **Classes**

Hot 26 & 2 (75 min)  
Hot Power Vinyasa (60 min)  
Hot Mat Pilates (60 min)  
Hot Yoga for Beginners (60 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 - 10:15 am  
10:30 - 11:30 am  
12:30 - 1:30 pm  
5:30 - 6:30 pm  
7:00 - 8:15 pm

Hot 26 & 2 (75 min)  
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 Yoga for Beginners (60 mins)  
Hot Power Vinyasa (60 min)

## **Fridays**

9:00 - 10:15 am  
12:30 - 1:30 pm

Hot 26 & 2 (75 min)  
Hot Power 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)