



**JUNE 2018
HOT YOGA STUDIO
SCHEDULE**

MONDAY

8:45am HHY with *Nicole*
10am Yoga Sculpt with *Rebecca*
5pm HHY
 6/4 *Ben*
 6/11 *Ben*
 6/18 *Ben*
 6/25 *Ben*
6:15pm Hot Yoga Abs with *Melissa*

TUESDAY

8:45am HHY with *Nicole*
Noon HHY with *Lara*
5:00pm Hot Yoga Sculpt w/*Kim*
6:15pm HHY with *Anne*

WEDNESDAY

8:45am HHY with *Sarah*
6pm Hot Power Fusion with *Lara*
 (75 minute class)

THURSDAY

8:45am HHY with *Catherine*
Noon HHY with *Lara*
6pm HHY with *Anne*

FRIDAY

10am Yoga Sculpt with *Reagan*
5pm Hot Slow Flow Rotation
 6/1 *Ben*
 6/8 *Ben*
 6/15 *Ben*
 6/22 *Ben*
 6/29 *Ben*

SATURDAY

	930am HHY	11am HHY
	@ Botanical Gardens*	90 minutes
6/2	<i>Ben</i>	<i>Catherine</i>
6/9	<i>Catherine</i>	<i>Lara</i>
6/16	<i>Melissa S</i>	<i>Lara</i>
6/23	<i>Lara</i>	<i>Lori</i>
6/30	<i>Ginny</i>	<i>Melissa S</i>

SUNDAY

2pm HHY (90 minutes)
 6/3 *Lara*
 6/10 *Casey*
 6/17 *Lara*
 6/24 *Ginny*

All scheduled instructors are subject to change without notice. Things happen, people get sick, and we are thankful for substitutes. All classes are one hour unless noted otherwise.

* Starting April until October our Saturday 930am class will be held outdoors at the Botanical Gardens, weather permitting. It is open to the public and will not require a sign up. The call on weather will be made by 7:30am that morning.