



MAY 2018
HOT YOGA STUDIO
SCHEDULE

MONDAY

8:45am HHY with *Nicole*
10am Yoga Sculpt with *Rebecca*
5pm HHY
 5/7 *Ben*
 5/14 *Ben*
 5/21 *Ben*
 5/28 *No Class*

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
 5/4 *Ben*
 5/11 *Ben*
 5/18 *Lara*
 5/25 *Lara*

SATURDAY

	930am HHY @ Botanical Gardens*	11am HHY
5/5	<i>Nicole</i>	<i>Melissa S</i>
5/12	<i>Lara</i>	<i>Anne</i>
5/19	<i>Ben</i>	<i>Lori</i>
5/26	<i>Melissa S</i>	<i>Lara</i>

SUNDAY

2pm HHY (90 minutes)
5/6 *Ben*
5/13 *Anne*
5/20 *Melissa S*
5/27 *Lara*

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.