



# SEPTEMBER 2018 HOT YOGA STUDIO SCHEDULE

## MONDAY

8:45am HHY with *Nicole*  
10am Yoga Sculpt with *Rebecca*  
5pm HHY  
    9/3 No Class  
    9/10 Ben  
    9/17 Ben  
    9/24 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  
    9/7 Lara  
    9/14 Ben  
    9/21 Ben  
    9/28 Ben

## SATURDAY

	930am HHY	11am HHY
	@ Botanical Gardens*	90 minutes
9/1	Ben	Anne
9/8	Lara	Lori
9/15	Ben	Melissa
9/22	Catherine	Lara
9/29	Lara	Lara

## SUNDAY

2pm HHY (90 minutes)  
    9/2 Lara  
    9/9 Melissa  
    9/16 Ginny  
    9/23 Catherine  
    9/30 Ben

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 8:30am that morning.