



NOVEMBER 2018
HOT YOGA STUDIO
SCHEDULE

MONDAY

8:45am HHY with *Nicole*
 10am Yoga Sculpt with *Rebecca*
 5pm HHY with *Ben (Lara 11/12)*
 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
 11/2 *Ben*
 11/9 *Ben*
 11/16 *Ben*
 11/23 *No Class*
 11/30 *Ben*

SATURDAY

	930am HHY	11am HHY 90 minutes
11/3	<i>Ben</i>	<i>Lara</i>
11/10	<i>Lori</i>	<i>Lynnlee</i>
11/17	<i>Lara</i>	<i>Melissa</i>
11/24	<i>Ben</i>	<i>Lynnlee</i>

SUNDAY

2pm HHY (90 minutes)
 11/4 *Ginny*
 11/11 *Catherine*
 11/18 *Melissa*
 11/25 *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.