



**JANUARY 2019
HOT YOGA STUDIO
SCHEDULE**

MONDAY

8:45am HHY with *Nicole*
 10am Yoga Sculpt with *Rebecca*
 5pm HHY with *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
 1/4 *Ben*
 1/11 *Ben*
 1/18 *Ben*
 1/25 *Ben*

SATURDAY

	930am HHY	11am HHY
		90 minutes
1/5	<i>Ben</i>	<i>Lara</i>
1/12	<i>Catherine</i>	<i>Lori</i>
1/19	<i>Ben</i>	<i>Lynnlee</i>
1/26	<i>Lara</i>	<i>Catherine</i>

SUNDAY

2pm HHY (90 minutes)
 1/6 *Lara*
 1/13 *Ginny*
 1/20 *Ben*
 1/27 *Lynnlee*

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.