



**FEBRUARY 2019
HOT YOGA STUDIO
SCHEDULE**

MONDAY

8:45am HHY with *Nicole*
 10am Sweat Sculpt with *Rebecca*
 5pm HHY with *Ben* (*Lara* 2/11)
 6:15pm Hot Yoga Abs with *Melissa*

TUESDAY

8:45am HHY with *Nicole*
 Noon HHY with *Lara*
 5:00pm Sweat 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 Sweat Sculpt with *Reagan*
 5pm Hot Slow Flow Rotation

2/1	<i>Ben</i>
2/8	<i>Ben</i>
2/15	<i>Annie</i>
2/22	<i>Ben</i>

SATURDAY

	930am HHY	11am HHY
		90 minutes
2/2	<i>Lara</i>	<i>Casey</i>
2/9	<i>Ben</i>	<i>Sarah A</i>
2/16	<i>Catherine</i>	<i>Lori</i>
2/23	<i>Ben</i>	<i>Melissa</i>

SUNDAY

2pm HHY (90 minutes)

2/3	<i>Lori</i>
2/10	<i>Catherine</i>
2/17	<i>Lynnlee</i>
2/24	<i>Lara</i>

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.