



**MARCH 2019  
HOT YOGA STUDIO  
SCHEDULE**

**MONDAY**

8:45am HHY with *Nicole*  
 10am Sweat Sculpt with *Rebecca*  
 5pm HHY with *Ben* (3/18 *Lara*)  
 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 *Ginny*  
 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  
     3/1 *Ben*  
     3/8 *Ben*  
     3/15 *Lara*  
     3/22 *Anne*  
     3/29 *Ben*

**SATURDAY**

930am HHY	11am HHY
	90 minutes
3/2 <i>Ben</i>	<i>Lori</i>
3/9 <i>Catherine</i>	<i>Lara</i>
3/16 <i>Lara</i>	<i>Melissa</i>
3/23 <i>Ben</i>	<i>Lynnlee</i>
3/30 <i>Melissa</i>	<i>Lori</i>

**SUNDAY**

2pm HHY (90 minutes)  
 3/3 *Lara*  
 3/10 *Melissa*  
 3/17 *Lynnlee*  
 3/24 *Catherine*  
 3/31 *Ginny*

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.