



APRIL 2019
HOT YOGA STUDIO
SCHEDULE

MONDAY

8:45am HHY with *Nicole*
10am Sweat Sculpt with *Rebecca*
5pm HHY with *Ben* (*Lara* 4/29)
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
4/5 *Ben*
4/12 *Lara*
4/19 *Ben*
4/26 *Ben*

SATURDAY

	930am HHY	11am HHY
		90 minutes
4/6	<i>Ben</i>	<i>Melissa</i>
4/13	<i>Catherine</i>	<i>Lara</i>
4/20	<i>Ben</i>	<i>Lynnlee</i>
4/27	<i>Melissa</i>	<i>Lara</i>

SUNDAY

2pm HHY (90 minutes)
4/7 *Lori*
4/14 *Ben*
4/21 **NO CLASS**
4/28 *Catherine*

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.