



**MAY 2019
HOT YOGA STUDIO
SCHEDULE**

MONDAY

8:45am HHY with *Nicole*
10am Sweat 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 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
5/3 *Lara*
5/10 *Ben*
5/17 *Lara*
5/24 *Ben*
5/31 *Ben*

SATURDAY

	930am HHY	11am HHY
	Botanical Gardens*	90 minutes
5/4	<i>Lori</i>	<i>Anne</i>
5/11	<i>Lara</i>	<i>Melissa S</i>
5/18	<i>Catherine</i>	<i>Lara</i>
5/25	<i>Ben</i>	<i>Lynnlee</i>

SUNDAY

2pm HHY (90 minutes)
5/5 *Ben*
5/12 *Lara*
5/19 *Lori*
5/26 *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.

* Starting May until September our Saturday 930am class will be held outdoors at the Botanical Gardens, weather permitting. It is open to the public and will not require a sign up. The call on weather will be made by 7:30am that morning.