



**SEPTEMBER 2019  
HOT YOGA STUDIO  
SCHEDULE**

**MONDAY**

8:45am HHY with *Nicole*  
 10am Sweat Sculpt with *Betsy*  
 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

9/6	<i>Ben</i>
9/13	<i>Ben</i>
9/20	<i>Ben</i>
9/27	<i>Ben</i>

**SATURDAY**

	930am HHY	11am HHY
	Botanical Gardens*	90 minutes
9/7	<i>Lara</i>	<i>Melissa</i>
9/14	<i>Catherine</i>	<i>Lara</i>
9/21	<i>Melissa</i>	<i>Lara</i>
9/28	<i>Ben</i>	<i>Catherine</i>

**SUNDAY**

2pm HHY (90 minutes)

9/1	<i>Ben</i>
9/8	<i>Jessica</i>
9/15	<i>Ben</i>
9/22	<i>Lori</i>
9/29	<i>Catherine</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.

\* 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.