



# HOT YOGA STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Hot Vinyasa Nancy	6:10-7:10 Hatha Stacey Y	6:00-7:00 Vinyasa Marina	6:00-7:00 Hatha Lisa	5:45-6:45 Hot Yoga Sculpt Ben	7:45-8:45 Hot Yoga Tracey	9:00-10:00 Yoga Sculpt Tracey
7:00-8:00 Cycle HIIT Ben	7:15-8:15 Hatha Stacey Y	7:15-8:15 Hot 26 Marina	9:00-10:00 Vinyasa Karen	7:00-8:00 Hot Vinyasa Karen	9:00-10:00 Hot Yoga Tracey	10:15-11:15 Hot Vinyasa Karen
9:15-10:15 Hot Yoga Sculpt Heather		8:30-9:00 Iron Core Hot Express Marina		8:05-8:55 Hot Yoga Sculpt Tracey H	11:00-12:00 Hot Vinyasa Fusion Amy K	
10:45-11:45 Hot Barre Sculpt Rebecca K	9:30-10:30 Hot Yoga Sculpt Ben	9:15-10:15 Hot Yoga Sculpt Heather	10:15-11:15 Hot Vinyasa Fusion Karen	9:00-10:00 Hot Vinyasa Marina		
	10:45-11:45 Hot Vinyasa Karen	10:30-11:30 Hot Barre Sculpt Terri P		10:15-11:15 Hot Yoga Sculpt Cheryl		
12:00-1:00 Hot Vinyasa Anne	12:00-1:00 Hot Hatha Lisa	12:00-1:00 Hot 26 Melissa	12:00-1:00 Hot Vinyasa Stacey Y	12:00-1:00 Hot 26 Marina		12:00-1:00 Hot Sculpt Keegan
1:15-2:15 Hot Barre Sculpt Lora M			1:15-2:15 Hot Barre Sculpt Lora M			
5:00-6:00 Hot Yoga Zaidy	5:00-6:00 Hot Yoga Sculpt Heather	5:00-5:45 Hot Stretch Therapy Ruthie	4:45-5:45 Hot 26 Marina		4:00-5:30 Music Hot 26 Marina	
6:00-7:00 Hot Vinyasa Marina	6:00-7:00 Hot Vinyasa Ben	6:00-7:00 Hot Vinyasa Zaidy	5:30-6:30 Hot Vinyasa Ben			
	7:15-8:15 Hot Yoga Sculpt Marina	7:15-8:15 Beginner Hot Vinyasa Rebecca	6:45-7:45 Hot Vinyasa Fusion Marina			

## BEST HOT CREEK YOGA PRACTICES

\*Classes fill up fast, arrive early, enter or leave quietly, make room for others, inform instructors of any injuries or concern you have before class & remove shoes. \*Bring water, yoga mat recommended, towel and wear breathable clothing

\*We hope you enjoy the Hot Yoga experience, and when you enter the Hot Creek Studio, do so with an open heart and mind

\*Please be mindful of hygiene. Sweat is good, but please use extra towels and keep it on your own mat

\*If you are pregnant, have high blood pressure, heart disease or are diabetic, you should not practice Hot Yoga without consulting with your healthcare provider first

\*Please keep conversations before & after class to a minimum, and in quiet tones