



# HOT YOGA STUDIO

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