



HOT YOGA STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-7:00 CycleOM Stacey Y	6:00-7:00 Hot Vinyasa Marina	6:00-6:45 Yoga Sculpt Express Marina	5:45-6:45 Hot Yoga Sculpt Ben		
		7:15-8:15 Hot 26 Marina		7:00-8:00 Hot Vinyasa Karen	7:45-8:45 Hot Yoga Sculpt Tracey	
		8:30-9:00 Hot Iron Core Marina	8:30-9:15 Hot Yoga Sculpt Anne			9:00-10:00 Hot Yoga Sculpt Tracey
9:15-10:15 Hot Yoga Sculpt Lora M	9:30-10:30 Hot Yoga Sculpt Ben	9:15-10:15 Hot Yoga Sculpt Ben	9:00-10:00 CycleOM Karen	9:00-10:00 Hot Vinyasa Marina	9:00-10:00 Hot 26 Breanne	10:15-11:15 Hot Vinyasa Karen
	10:45-11:45 Hot Vinyasa Karen	10:30-11:30 Hot Barre Sculpt Terri P	10:15-11:15 Hot Power Flow Karen	10:15-11:15 Hot Yoga Sculpt Cheryl	10:15-11:15 Hot Power Vinyasa Amy K	
12:00-1:00 Hot Vinyasa Anne		12:00-1:00 Hot 26 Melissa	12:00-1:00 Hot Vinyasa Marina	11:30-12:00 Hot Iron Core Express Marina		12:00-1:00 Hot Ballet Sculpt Keegan
				12:00-1:00 Hot 26 Marina		1:15-2:15 Hot Vinyasa Marina
4:45-5:45 Hot Power Vinyasa Amy K	5:00--6:00 Hot Barre Sculpt Tracy	4:45-5:45 Hot Stretch Therapy Ruthie	4:45-5:45 Hot 26 Marina	4:30-5:30 Happy Hour Hot 26 Marina	4:00-5:30 Music Hot 26 Marina	
6:00-7:00 Hot Vinyasa Marina	6:00-7:00 CycleOM Ben	6:00-7:00 Hot Vinyasa Zaidy	5:30-6:30 CycleOM Ben	5:45-6:45 Happy Hour Hot Vinyasa Marina		4:00-5:00 Detox Yoga Savon
7:15 7:45 Hot Iron Core Express Marina	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