

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM	Hot 26 5:30 - 6:30 AM	*Barre 5:30 - 6:30 AM (starts 1/8)	Hot 26 5:30 - 6:30 AM	*Barre 5:30 - 6:30 AM (starts 1/8)	Hot 26 5:30 - 6:30 AM		
7:00 AM							
8:00 AM	Warm Vinyasa 8:00 - 9:00 AM	Hot Power 8:00 - 9:00 AM	Warm Vinyasa 8:00 - 9:00 AM	Hot Power 8:00 - 9:00 AM	Warm Vinyasa 8:00 - 9:00 AM	Warm Vinyasa 7:30 - 8:30 AM	
9:00 AM						Hot Power 9:00 - 10:00 AM	*Hot 26 (90 min!!) 9:00 - 10:30 AM
10:00 AM							
11:00 AM							
12:00 PM	*No Sweat Yoga Noon - 1:00 PM		*No Sweat Yoga Noon - 1:00 PM		*No Sweat Yoga Noon - 1:00 PM		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	*Barre 4:00 - 5:00 PM		*Barre 4:00 - 5:00 PM		*Barre 4:00 - 5:00 PM		
5:00 PM							
6:00 PM	Warm Vinyasa 5:45 - 6:45 PM	Hot 26 5:45 - 6:45 PM	Hot Power 5:45 - 6:45	Hot 26 5:45 - 6:45 PM	Hot Power Community Class 5:45 - 6:45		*Hot Power (90 MIN!) 5:30-7:00
7:00 PM		Warm Vinyasa Community Class 7:15 - 8:15 PM	*Hot 26 7:15 - 8:15 PM	Hot Power 7:15 - 8:15 PM			
8:00 PM							
9:00 PM							