

2hotyoga&pilates

1500 old deerfield road suite 7 highland park, illinois 60035 (847) 831-YOGA www.2hotyoga.com

October 2008

CLASS SCHEDULE

	class	instructor
monday		
9:30 - 11:00a	niyama hot yoga	zoe n
11:30a - 12:45	hot core flow	fran
1:00 - 2:15	hot vinyasa flow	jenny
6:15 - 7:45	niyama hot yoga	marcy
tuesday		
9:30 - 11:00a	niyama hot yoga	wendy
11:30a - 12:45	hot energy yoga	zoe k
1:00 - 2:15	niyama hot yoga	mariann
6:15 - 7:45	niyama hot yoga	heather
wednesday		
8:00 - 9:15a	niyama hot yoga	mariann
9:30 - 11:00a	niyama hot yoga	zoe k
11:30a - 12:30	yoga for abs	marcy
1:00 - 2:15	hot vinyasa flow	marci
6:15 - 7:30	hot vinyasa flow	debbie
thursday		
6:00 - 7:00a	niyama hot yoga	john
9:30 - 11:00a	niyama hot yoga	mariann
1:00 - 2:15	hot vinyasa flow	stephanie
6:15 - 7:15	hot vinyasa flow	mariann
friday		
9:30 - 11:00a	niyama hot yoga	mac
11:30a - 12:30	vinyasa flow	gayl
1:00 - 2:15	hot vinyasa flow	zoe n
4:15 - 5:30	niyama hot yoga	john
saturday		
8:00 - 9:15a	hot vinyasa flow (all levels)	john
10:00 - 11:30a	niyama hot yoga	mac
3:00 - 4:00	teen yoga (*10 teen min., 10 week program)	john
4:15 - 5:15	hot vinyasa flow	debbie/fran
sunday		
8:00 - 9:15a	hot vinyasa flow (all levels)	mariann
10:00 - 11:30a	niyama hot yoga	nancy
4:15 - 5:30	niyama hot yoga	john

All classes and instructors are subject to change – check with www.2hotyoga.com or call (847) 831-YOGA