

# 2hotyoga&pilates

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

## July 2009 CLASS SCHEDULE

	class	instructor
<b>monday</b>		
9:30 - 11:00a	niyama hot yoga™	zoe n
1:00 - 2:15	hot vinyasa flow	jenny
6:15 - 7:45	niyama hot yoga™	marcy
<b>tuesday</b>		
7:45 - 9:15a	niyama hot yoga™	kristen
9:30 - 10:45a	hot vinyasa flow	zoe n
1:00 - 2:15	2hot yoga	mariann
6:15 - 7:45	niyama hot yoga™	heather
<b>wednesday</b>		
8:00 - 9:15a	2hot yoga	mariann
9:30 - 11:00a	niyama hot yoga™	marcy
1:00 - 2:15	hot vinyasa flow	marcia
7:00 - 8:30p	niyama hot yoga™	zoe k
<b>thursday</b>		
9:30 - 10:45a	2hot yoga	mariann
1:00 - 2:15	2hot yoga	lani
6:15 - 7:15	hot vinyasa flow	mariann
<b>friday</b>		
8:00 - 9:00a	hot vinyasa flow	debbie
9:30 - 11:00a	niyama hot yoga™	mac
1:00 - 2:15	hot vinyasa flow	zoe n
4:15 - 5:30	niyama hot yoga™	susan t
<b>saturday</b>		
8:00 - 9:15a	hot vinyasa flow	marcia/jenny
9:30 - 10:45a	2hot yoga	pam udell
4:15 - 5:15	hot vinyasa flow	debbie/fran
<b>sunday</b>		
8:00 - 9:15a	hot vinyasa flow	mariann
10:00 - 11:30a	niyama hot yoga™	nancy
4:15 - 5:45	niyama hot yoga™	zoe n

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