

	MON	TUE	WED	THU	FRI	SAT	SUN
8:30	<b>HOT FLOW YOGA</b> 90 mins.	<b>HOT YOGA</b> 90 mins.	<b>HOT YOGA</b> 90 mins.	<b>HOT YOGA</b> 90 mins.	<b>HOT FLOW/ /HOT YOGA LEVEL II/III</b> 90 mins.		
9:00						<b>HOT YOGA</b> 90 mins.	<b>HOT YOGA</b> 90 mins.
10:45	<b>HOT YOGA</b> 75 mins.	<b>HOT YOGA</b> 75 mins.	<b>HOT YOGA</b> 75 mins.	<b>HOT YOGA</b> 75 mins.	<b>HOT YOGA</b> 75 mins.		
17:00	<b>HOT YOGA</b> 60 mins.		<b>HOT YOGA</b> 60 mins.		<b>HOT YOGA</b> 60 mins.		
18:45	<b>HOT YOGA</b> 60 mins.	<b>HOT YOGA</b> 60 mins.	<b>HOT YOGA</b> 60 mins.	<b>HOT YOGA</b> 60 mins.			

All Hot Yoga and Hot Flow classes are open to beginners.

Fridays: Hot Flow / Hot Yoga Level II/III - not suitable for beginners.

Schedule, Classes and Teachers are subject to change.

Any questions? Please call us: 085-889-1580.

Schedule updates: [www.HotYogaPhuket.com](http://www.HotYogaPhuket.com)