



WHITEFISH HOT STUDIO SCHEDULE (10/1/24)



HOT YOGA AND BARRE

85-90 degrees

95 degrees

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:30A VINYASA FLOW	6:30-7:30A POWER BARRE	6:30-7:30A POWER SCULPT	6-7A VINYASA FLOW	6:30-7:30A POWER FLOW	8-9A BODY HIIT
9:30-10:45A VIN YIN	9-10A POWER SCULPT	9-10A VINYASA FLOW	9-10A VINYASA FLOW	9-10A VINYASA FLOW	9-10A POWER SCULPT	9:30-10:45A VINYASA FLOW
11:15-12:15P VINYASA FLOW	10:30-11:45A VINYASA FLOW	10:30-11:30A POWER BARRE	10:30-11:30A POWER BARRE	10:30-11:30A POWER BARRE	10:30-11:45 VINYASA FLOW	11:15-12:15P POWER BARRE
		12 - 1P BUTI YOGA	12-1P HIIT & FLOW	12-1P POWER FLOW	12:15-1P \$5 HIIT & FLOW EXPRESS	
	5:30-6:30P VINYASA FLOW	5:30-6:30P POWER SCULPT	5:30-6:30P VINYASA FLOW	5:30-6:30P VINYASA FLOW	5:30-6:30P \$5 FRIDAY FIX	
6-7:30P YIN		7-8P VINYASA FLOW	7-8:15P \$5 YIN			