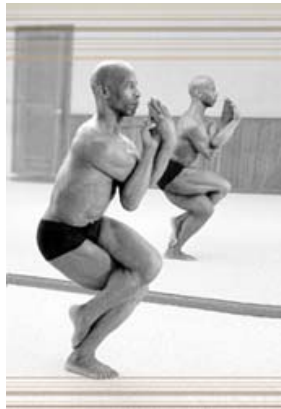


Class Schedule



LATE ARRIVALS

- NEW STUDENTS MUST ARRIVE AT LEAST 10 MINUTES EARLY FOR THE FIRST CLASS.
- NEW STUDENTS ARE NOT ALLOWED TO ENTER CLASS LATE UNDER ANY CIRCUMSTANCES.
- THE DOORS ARE LOCKED JUST PRIOR TO CLASS BEGINNING.
- **HABITUAL LATENESS WILL RESULT IN HABITUAL MISSING OF CLASS!**

Class Length:

- Hot Yoga and Hot Ashtanga 90 minutes
- Hot Vinyasa 75 minutes
- Sweat Box 50 minutes

YOGA/SWEATBOX SCHEDULE:

[Printer-Friendly Schedule](#)

Monday	9:30AM - Hot Yoga		Noon - Hot Vinyasa			5:30PM - Hot Yoga	7:30PM - SweatBox
Tuesday			Noon - Hot Yoga			5:30PM - Hot Yoga	7:30PM - Hot Yoga
Wednesday	9:30AM - Hot Yoga		Noon - Hot Vinyasa			5:30PM - Hot Yoga	7:30PM - SweatBox
Thursday			Noon - Hot Yoga			5:30PM - Hot Yoga	7:30PM - Hot Yoga
Friday	9:30AM - Hot Yoga		Noon - Hot Ashtanga			5:30PM - Hot Yoga	
Saturday	9:30AM - Hot Yoga	11:30AM - Sweatbox		1:30PM - Hot Yoga			
Sunday	9:30AM - Hot Yoga				4:30PM - Hot Yoga		

510 East Wilson Bridge Road, Suite F

Worthington, Ohio 43085

Phone: 614 846-YOGA (9642)

E-mail: info@wellnessforumhotyoga.com