

# Fall / Winter Schedule

Starting October 25<sup>th</sup>, 2014



Offering 90 Min, 60 Min, &  
**NOW HOT FLOW**  
W/ MUSIC

## MON

- 6:00 am
- 10:00 am
- 4:30 pm
- 6:30 pm
- 8:30 pm

## TUES

- 6:00 am
- ◆ 9:30 am
- 🎵 4:30 pm
- 6:30 pm
- 8:30 pm

## WED

- 6:00 am
- ◆ 9:30 am
- 🎵 12:00 pm
- 4:30 pm
- 🎵 6:30 pm
- 8:30 pm

## THURS

- 6:00 am
- ◆ 9:30 am
- 🎵 4:30 pm
- 6:30 pm
- 8:30 pm

## FRI

- 🎵 6:00 am
- ◆ 9:30 am
- 🎵 12:00 pm
- 4:30 pm
- 🎵 6:30 pm

## SAT

- 7:00 am
- 8:30 am
- 🎵 10:00 am
- 12:30 pm
- 🎵 5:30 pm

## SUN

- 7:00 am
- 8:30 am
- 🎵 10:00 am
- 12:30 pm
- ◆ 6:30 pm

◆ Traditional Hot 90 Min   ● Hot 60 Min  
🎵 60 Min Hot Flow w/ Music

Formerly known as Bikram Yoga Rockville Centre

We are so pleased to offer you a variety of Hot Yoga classes! New students, please arrive 30 min early to your first class. All other students, please arrive on time. No late admittance.

www.HotYogaRVC.com  
516-432-7777  
274 Merrick Rd., 2nd Floor  
Rockville Centre, NY 11570

**HotYoga4You.com**  
Rockville Centre

Gift Cards Available Online!

