

\*Subject to change. See <https://yogasol.com/classes> for most current version of class calendar.

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>1</b></p> <ul style="list-style-type: none"> <li>8 AM BIKRAM YOGA 90</li> <li>10 AM BIKRAM YOGA 75</li> <li>12 PM HOT HIIT PILATES</li> <li>2 PM BIKRAM YOGA 75</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>8 AM BIKRAM YOGA 90</li> <li>10 AM BIKRAM YOGA 75</li> <li>12 PM HOT HIIT PILATES</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>8 AM HOT HIIT PILATES</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM MUSIC 75</li> <li>5:30 PM HOT HIIT PILATES</li> <li>7 PM BIKRAM MUSIC 75</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM PLUS</li> <li>8 AM PILATES STRENGTH</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM MUSIC 75</li> <li>5:30 PM BIKRAM YOGA 90</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>8 AM HOT HIIT PILATES</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>5:30 PM BIKRAM YOGA 90</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM MUSIC 75</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>4 PM HOT HIIT PILATES</li> <li>6 PM BIKRAM YOGA 90</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>8 AM BIKRAM YOGA 90</li> <li>10 AM BIKRAM YOGA 75</li> <li>12 PM HOT HIIT PILATES</li> <li>4 PM BIKRAM YOGA 90</li> </ul>
<p><b>8</b></p> <ul style="list-style-type: none"> <li>8 AM BIKRAM YOGA 90</li> <li>10 AM BIKRAM YOGA 75</li> <li>12 PM HOT HIIT PILATES</li> <li>2 PM BIKRAM YOGA 75</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM YOGA 75</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>5:30 PM HOT HIIT PILATES</li> <li>7 PM BIKRAM YOGA 90</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>8 AM HOT HIIT PILATES</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM MUSIC 75</li> <li>5:30 PM HOT HIIT PILATES</li> <li>7 PM BIKRAM MUSIC 75</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM PLUS</li> <li>8 AM PILATES STRENGTH</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM MUSIC 75</li> <li>5:30 PM BIKRAM YOGA 90</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>8 AM HOT HIIT PILATES</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>5:30 PM BIKRAM YOGA 90</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM MUSIC 75</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>4 PM HOT HIIT PILATES</li> <li>6 PM BIKRAM YOGA 90</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>8 AM BIKRAM YOGA 90</li> <li>10 AM BIKRAM YOGA 75</li> <li>12 PM HOT HIIT PILATES</li> <li>4 PM BIKRAM YOGA 90</li> </ul>
<p><b>15</b></p> <ul style="list-style-type: none"> <li>8 AM BIKRAM YOGA 90</li> <li>10 AM BIKRAM YOGA 75</li> <li>12 PM HOT HIIT PILATES</li> <li>2 PM BIKRAM YOGA 75</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM YOGA 75</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>5:30 PM HOT HIIT PILATES</li> <li>7 PM BIKRAM YOGA 90</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>8 AM HOT HIIT PILATES</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM MUSIC 75</li> <li>5:30 PM HOT HIIT PILATES</li> <li>7 PM BIKRAM MUSIC 75</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM PLUS</li> <li>8 AM PILATES STRENGTH</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM MUSIC 75</li> <li>5:30 PM BIKRAM YOGA 90</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>8 AM HOT HIIT PILATES</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>5:30 PM BIKRAM YOGA 90</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM MUSIC 75</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>4 PM HOT HIIT PILATES</li> <li>6 PM BIKRAM YOGA 90</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>8 AM BIKRAM YOGA 90</li> <li>10 AM BIKRAM YOGA 75</li> <li>12 PM HOT HIIT PILATES</li> <li>4 PM BIKRAM YOGA 90</li> </ul>
<p><b>22</b></p> <ul style="list-style-type: none"> <li>8 AM BIKRAM YOGA 90</li> <li>10 AM BIKRAM YOGA 75</li> <li>12 PM HOT HIIT PILATES</li> <li>2 PM BIKRAM YOGA 75</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM YOGA 75</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>5:30 PM HOT HIIT PILATES</li> <li>7 PM BIKRAM YOGA 90</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>8 AM HOT HIIT PILATES</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM MUSIC 75</li> <li>5:30 PM HOT HIIT PILATES</li> <li>7 PM BIKRAM MUSIC 75</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM PLUS</li> <li>8 AM PILATES STRENGTH</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM MUSIC 75</li> <li>5:30 PM BIKRAM YOGA 90</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>8 AM HOT HIIT PILATES</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>5:30 PM BIKRAM YOGA 90</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM MUSIC 75</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>4 PM HOT HIIT PILATES</li> <li>6 PM BIKRAM YOGA 90</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>8 AM BIKRAM YOGA 90</li> <li>10 AM BIKRAM YOGA 75</li> <li>12 PM HOT HIIT PILATES</li> <li>4 PM BIKRAM YOGA 90</li> </ul>
<p><b>29</b></p> <ul style="list-style-type: none"> <li>8 AM BIKRAM YOGA 90</li> <li>10 AM BIKRAM YOGA 75</li> <li>12 PM HOT HIIT PILATES</li> <li>2 PM BIKRAM YOGA 75</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>6:30 AM BIKRAM YOGA 75</li> <li>9:30 AM BIKRAM YOGA 90</li> <li>12 PM BIKRAM YOGA 75</li> <li>5:30 PM HOT HIIT PILATES</li> <li>7 PM BIKRAM YOGA 90</li> </ul>					



# SEPTEMBER