

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



NOVEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
					6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 4 PM HOT HIIT PILATES 5:30 PM BIKRAM YOGA 90	8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM PILATES STRENGTH 2 PM BIKRAM YOGA 75 4 PM BIKRAM YOGA 90
3	4	5	6	7	8	9
8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM PLUS 4 PM BIKRAM YOGA 90	6:30 AM BIKRAM YOGA 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	6:30 AM BIKRAM YOGA 75 8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM MUSIC 75	6:30 AM BIKRAM PLUS 8 AM PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 4 PM HOT VINYASA 5:30 PM BIKRAM YOGA 90 7:30 PM YIN YOGA	8 AM HOT HIIT PILATES 9:30 AM HOT HATHA 26+ 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90 7:30 PM BIKRAM PLUS	6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 4 PM HOT HIIT PILATES 5:30 PM BIKRAM YOGA 90	8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM PILATES STRENGTH 2 PM BIKRAM YOGA 75 4 PM BIKRAM YOGA 90
10	11	12	13	14	15	16
8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM PLUS 4 PM BIKRAM YOGA 90	6:30 AM BIKRAM YOGA 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	6:30 AM BIKRAM YOGA 75 8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM MUSIC 75	6:30 AM BIKRAM PLUS 8 AM PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 4 PM HOT VINYASA 5:30 PM BIKRAM YOGA 90 7:30 PM YIN YOGA	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90 7:30 PM BIKRAM PLUS	6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 4 PM HOT HIIT PILATES 5:30 PM BIKRAM YOGA 90	8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM PILATES STRENGTH 2 PM BIKRAM YOGA 75 4 PM BIKRAM YOGA 90
17	18	19	20	21	22	23
8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM PLUS 4 PM BIKRAM YOGA 90	6:30 AM BIKRAM YOGA 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	6:30 AM BIKRAM YOGA 75 8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM MUSIC 75	6:30 AM BIKRAM PLUS 8 AM PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 4 PM HOT VINYASA 5:30 PM BIKRAM YOGA 90 7:30 PM YIN YOGA	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90 7:30 PM BIKRAM PLUS	6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 4 PM HOT HIIT PILATES 5:30 PM BIKRAM YOGA 90	8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM PILATES STRENGTH 2 PM BIKRAM YOGA 75 4 PM BIKRAM YOGA 90
24	25	26	27	28	29	30
8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM PLUS 4 PM BIKRAM YOGA 90	6:30 AM BIKRAM YOGA 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	6:30 AM BIKRAM YOGA 75 8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM MUSIC 75	6:30 AM BIKRAM PLUS 8 AM PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 4 PM HOT VINYASA 5:30 PM BIKRAM YOGA 90 7:30 PM YIN YOGA	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90 7:30 PM BIKRAM PLUS	6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 4 PM HOT HIIT PILATES 5:30 PM BIKRAM YOGA 90	8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM PILATES STRENGTH 2 PM BIKRAM YOGA 75 4 PM BIKRAM YOGA 90