

*Subject to change. Visit yogasol.com/classes for most current version of class calendar.



DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 4 PM BIKRAM YOGA 90 6 PM GLOW BIKRAM MUSIC 75
2 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM YOGA 75 4 PM BIKRAM YOGA 90	3 6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	4 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	5 6:30 AM BIKRAM PLUS 8 AM HOT PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM BIKRAM YOGA 90 7:30 PM HOT HIIT PILATES	6 8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90	7 6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 4 PM HOT HIIT PILATES 6 PM BIKRAM YOGA 90	8 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 4 PM BIKRAM YOGA 90
9 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM YOGA 75 4 PM BIKRAM YOGA 90	10 6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	11 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	12 6:30 AM BIKRAM PLUS 8 AM HOT PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM BIKRAM YOGA 90 7:30 PM HOT HIIT PILATES	13 8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90	14 6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 4 PM HOT HIIT PILATES 6 PM BIKRAM YOGA 90	15 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 4 PM BIKRAM YOGA 90
16 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM YOGA 75 4 PM BIKRAM YOGA 90	17 6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	18 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	19 6:30 AM BIKRAM PLUS 8 AM HOT PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM BIKRAM YOGA 90 7:30 PM HOT HIIT PILATES	20 8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90	21 6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 4 PM HOT HIIT PILATES 6 PM BIKRAM YOGA 90	22 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 4 PM BIKRAM YOGA 90
23 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM YOGA 75 4 PM BIKRAM YOGA 90	24 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES	25 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM BIKRAM YOGA 90	26 6:30 AM BIKRAM PLUS 8 AM HOT PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM BIKRAM YOGA 90 7:30 PM HOT HIIT PILATES	27 8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90	28 6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 4 PM HOT HIIT PILATES 6 PM BIKRAM YOGA 90	29 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 4 PM BIKRAM YOGA 90
30 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM YOGA 75 4 PM BIKRAM YOGA 90	31 8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES					