

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

MARCH

SUN	MON	TUES	WED	THURS	FRI	SAT
1 8 AM HOT 26 YOGA 90 10 AM HOT 26 YOGA 75 12 PM HOT PILATES CARDIO 2 PM HOT 26 PLUS 75 4 PM HOT YOGA 90	2 6:30 AM HOT 26 YOGA 75 8 AM YIN YOGA 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 YOGA 75 5:30 PM HOT PILATES CARDIO 7 PM HOT 26 YOGA 90	3 6:30 AM HOT 26 YOGA 75 8 AM HOT PILATES CARDIO 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 MUSIC 75 5:30 PM HOT PILATES CARDIO 7 PM HOT 26 MUSIC 75	4 6:30 AM HOT 26 PLUS 75 8 AM HOT PILATES STRENGTH 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 MUSIC 75 5:30 PM HOT 26 YOGA 90 7:30 PM YIN YOGA	5 8 AM HOT PILATES CARDIO 9:30 AM HOT HATHA 26+ 12 PM HOT 26 YOGA 75 5:30 PM HOT 26 YOGA 90 7:30 PM ROCK & SWEATS	6 6:30 AM HOT 26 MUSIC 75 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 YOGA 75 4 PM HOT PILATES CARDIO 5:30 PM HOT 26 YOGA 90	7 8 AM HOT 26 YOGA 90 10 AM HOT 26 YOGA 75 12 PM HOT PILATES STRENGTH 2 PM HOT 26 YOGA 75 4 PM HOT 26 YOGA 90
8 8 AM HOT 26 YOGA 90 10 AM HOT 26 YOGA 75 12 PM HOT PILATES CARDIO 2 PM HOT 26 PLUS 75 4 PM HOT YOGA 90	9 6:30 AM HOT 26 YOGA 75 8 AM YIN YOGA 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 YOGA 75 5:30 PM HOT PILATES CARDIO 7 PM HOT 26 YOGA 90	10 6:30 AM HOT 26 YOGA 75 8 AM HOT PILATES CARDIO 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 MUSIC 75 5:30 PM HOT PILATES CARDIO 7 PM HOT 26 MUSIC 75	11 6:30 AM HOT 26 PLUS 75 8 AM HOT PILATES STRENGTH 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 MUSIC 75 5:30 PM HOT 26 YOGA 90 7:30 PM YIN YOGA	12 8 AM HOT PILATES CARDIO 9:30 AM HOT HATHA 26+ 12 PM HOT 26 YOGA 75 5:30 PM HOT 26 YOGA 90 7:30 PM ROCK & SWEATS	13 6:30 AM HOT 26 MUSIC 75 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 YOGA 75 4 PM HOT PILATES CARDIO 5:30 PM HOT 26 YOGA 90	14 8 AM HOT YOGA 90 10 AM HOT YOGA 75 12 PM PILATES STRENGTH 1:15 PM BEN SEARS MOBILITY WORKSHOP & CLASS 4 PM BEN SEARS MASTER CLASS
15 8 AM HOT 26 YOGA 90 10 AM HOT 26 YOGA 75 12 PM HOT PILATES CARDIO 2 PM HOT 26 PLUS 75 4 PM HOT YOGA 90	16 6:30 AM HOT 26 YOGA 75 8 AM YIN YOGA 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 YOGA 75 5:30 PM HOT PILATES CARDIO 7 PM HOT 26 YOGA 90	17 6:30 AM HOT 26 YOGA 75 8 AM HOT PILATES CARDIO 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 MUSIC 75 5:30 PM HOT PILATES CARDIO 7 PM HOT 26 MUSIC 75	18 6:30 AM HOT 26 PLUS 75 8 AM HOT PILATES STRENGTH 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 MUSIC 75 5:30 PM HOT 26 YOGA 90 7:30 PM YIN YOGA	19 8 AM HOT PILATES CARDIO 9:30 AM HOT HATHA 26+ 12 PM HOT 26 YOGA 75 5:30 PM HOT 26 YOGA 90 7:30 PM ROCK & SWEATS	20 6:30 AM HOT 26 MUSIC 75 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 YOGA 75 4 PM HOT PILATES CARDIO 5:30 PM HOT 26 YOGA 90	21 8 AM HOT 26 YOGA 90 10 AM HOT 26 YOGA 75 12 PM HOT PILATES CARDIO 2 PM HOT 26 YOGA 75 4 PM HOT 26 YOGA 90
22 8 AM HOT 26 YOGA 90 10 AM HOT 26 YOGA 75 12 PM HOT PILATES CARDIO 2 PM HOT 26 PLUS 75 4 PM HOT YOGA 90	23 6:30 AM HOT 26 YOGA 75 8 AM YIN YOGA 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 YOGA 75 5:30 PM HOT PILATES CARDIO 7 PM HOT 26 YOGA 90	24 6:30 AM HOT 26 YOGA 75 8 AM HOT PILATES CARDIO 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 MUSIC 75 5:30 PM HOT PILATES CARDIO 7 PM HOT 26 MUSIC 75	25 6:30 AM HOT 26 PLUS 75 8 AM HOT PILATES STRENGTH 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 MUSIC 75 5:30 PM HOT 26 YOGA 90 7:30 PM YIN YOGA	26 8 AM HOT PILATES CARDIO 9:30 AM HOT HATHA 26+ 12 PM HOT 26 YOGA 75 5:30 PM HOT 26 YOGA 90 7:30 PM ROCK & SWEATS	27 6:30 AM HOT 26 MUSIC 75 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 YOGA 75 4 PM HOT PILATES CARDIO 5:30 PM HOT 26 YOGA 90	28 8 AM HOT 26 YOGA 90 10 AM HOT 26 YOGA 75 12 PM HOT PILATES STRENGTH 2 PM HOT 26 YOGA 75 4 PM HOT 26 YOGA 90
29 8 AM HOT 26 YOGA 90 10 AM HOT 26 YOGA 75 12 PM HOT PILATES CARDIO 2 PM HOT 26 PLUS 75 4 PM HOT YOGA 90	30 6:30 AM HOT 26 YOGA 75 8 AM YIN YOGA 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 YOGA 75 5:30 PM HOT PILATES CARDIO 7 PM HOT 26 YOGA 90	31 6:30 AM HOT 26 YOGA 75 8 AM HOT PILATES CARDIO 9:30 AM HOT 26 YOGA 90 12 PM HOT 26 MUSIC 75 5:30 PM HOT PILATES CARDIO 7 PM HOT 26 MUSIC 75				