



## SIVA HOT YOGA CLASS SCHEDULE

### MONDAY

|        |                     |
|--------|---------------------|
| 9:30AM | HOT FLOW – Ellen    |
| 5:30PM | HOT FUSION – Jessie |
| 7:00PM | HOT FUSION – Erin   |

### TUESDAY

|        |                     |
|--------|---------------------|
| 4:00PM | HOT POWER – Adrian  |
| 5:30PM | HOT FUSION – Adrian |
| 7:00PM | HOT FUSION – Amanda |

### WEDNESDAY

|        |                     |
|--------|---------------------|
| 9:00AM | HOT FLOW – Ellen    |
| 5:30PM | HOT FUSION – Jessie |
| 7:00PM | HOT FUSION – Erin   |
| 8:30PM | HOT POWER – Valerie |

### THURSDAY

|        |                             |
|--------|-----------------------------|
| 4:00PM | HOT FLOW – Adrian           |
| 5:30PM | HOT FUSION – Adrian         |
| 7:00PM | HOT FUSION – Amanda         |
| 8:30PM | DEEP STRETCH+CORE – Valerie |

### FRIDAY

|        |             |
|--------|-------------|
| 6:00PM | SIVA EVENTS |
|--------|-------------|

### SATURDAY

|        |                     |
|--------|---------------------|
| 8:00AM | HOT POWER – Gina    |
| 9:30AM | HOT FUSION – Adrian |

### SUNDAY

|        |                     |
|--------|---------------------|
| 9:00AM | HOT FUSION – Jessie |
|--------|---------------------|

\*All classes are 60 minutes

### SIVA HOT YOGA FEES

|                 |     |
|-----------------|-----|
| Drop In         | \$5 |
| Yoga Mat Rental | \$2 |
| Water           | \$2 |

### PACKAGES

|                 |       |
|-----------------|-------|
| 10 Pack         | \$50  |
| 1 Mo. Unlimited | \$50  |
| 6 Mo. Unlimited | \$250 |

### STUDENTS

|                 |      |
|-----------------|------|
| 1 Mo. Unlimited | \$30 |
|-----------------|------|

### YOGA ETIQUETTE

- Come 20 minutes PRIOR to class
- Enter studio quietly
- NO cell phone use in studio
- NO perfumes or strong lotion scents
- Avoid eating 1 HOUR before class

### FOR BEST RESULTS

- Share with a friend
- Do yoga 3x a week

### CLASS DESCRIPTION

HOT FUSION I n II – 26 Poses, 95 degree heat!  
HOT FUSION 90 – Fusion of Ashtanga Series!  
HOT POWER 90- Strong n hot!  
CANDLELIGHT FLOW– Flow with a wind down!

### NEW TO HOT YOGA?

Start with: Hot Fusion I  
Then move to: Hot Fusion II and 90  
Finally: Hot Power 90