



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
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SATURDAY

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

SUNDAY

9:00AM	HOT FUSION – Jessie
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*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
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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