



HOT YOGA AND BARRE

KALISPELL STUDIO SCHEDULE

SUMMER SCHEDULE STARTS JULY 1



85-90 degrees 95 degrees 100 degrees

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8-9A STRONG	6:15-7:30A \$5 ASHTANGA	6:30-7:30A POWER SCULPT	6:30-7:30A POWER BARRE	6:15-7:30A ASHTANGA	6:30-7:30A VINYASA FLOW	8-9A POWER SCULPT
9:30-10:45A VIN YIN	9-10A VINYASA FLOW	9-10A VINYASA FLOW	9-10A POWER FLOW	9-10A VINYASA FLOW	9-10A VINYASA FLOW	9:30-10:45A VINYASA FLOW
	10:30-11:30A POWER BARRE					
					4-5P \$5 VINYASA	
	5:30-6:45P VINYIN	5:30-6:30P POWER SCULPT	5:30-6:30P VINYASA FLOW	5:30-6:30P POWER BARRE		
	7:30-8:30P \$5 VINYASA	7-8P HOT 26	7-8P VINYASA FLOW	7-8:15P YIN		