




APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29	30
	915A: RAJA HOT - REBECCA 415P: HOT VINYASA - KORYN 545P: RAJA HOT - BILLY 715P: HOT 26 - BILLY	600A: HOT POWER - CASEY 415P: SLOW FLOW - SABRINA 545P: RAJA HOT - PADMA 700P: YIN YOGA - CASEY 715P: RAJA HOT - PADMA	915A: HOT VINYASA - KORYN 415P: RAJA HOT - REBECCA 545P: RAJA HOT - BILLY 700P: YOGA NIDRA - LILLIAN 715P: HOT TRAP - SABRINA	600A: RAJA HOT - REBECCA 415P: RAJA HOT - PADMA 545P: HOT 26 - PADMA 715P: RAJA HOT - LILLIAN	915A: HOT VINYASA - KORYN 545P: RAJA HOT - PADMA 715P: FUCK YEAH YOGA 90S ALT - BILLY	915A: HOT VINYASA - LILLIAN 930AM: SLOW FLOW - JESS W 1045A: RAJA HOT - JACQUE 1045A - KIDS YOGA - JESS W (AGES 8-12)
31	1	2	3	4	5	6
215P: SLOW FLOW - SABRINA 415P: HOT YIN - PADMA 545P: RAJA HOT - BILLY 700P: MEDITATION - LILLIAN 715P: HOT POWER CANCELLED	915A: RAJA HOT - REBECCA 415P: HOT VINYASA - KORYN 545P: RAJA HOT - BILLY 715P: HOT 26 - BILLY	600A: HOT POWER - CASEY 415P: SLOW FLOW - SABRINA 545P: RAJA HOT - PADMA 700P: YIN YOGA - CASEY 715P: HOT VINYASA - LILLIAN	915A: HOT VINYASA - KORYN 415P: RAJA HOT - REBECCA 545P: RAJA HOT - BILLY 700P: YOGA NIDRA - LILLIAN 715P: HOT TRAP - SABRINA	600A: RAJA HOT - REBECCA 415P: RAJA HOT - PADMA 545P: HOT 26 - PADMA 715P: RAJA HOT - LILLIAN	915A: HOT VINYASA - KORYN 545P: RAJA - CANCELLED 715P: RED HOT CHILI PEPPERS - BILLY	915A: HOT POWER - CASEY 930AM: SLOW FLOW - JESS W 1045A: RAJA HOT - TBA 1045A - KIDS YOGA - JESS W (AGES 8-12)
7	8	9	10	11	12	13
215P: HOT VINYASA - BONNIE 415P: HOT YIN - PADMA 545P: RAJA HOT - BILLY 700P: MEDITATION - LILLIAN 715P: HOT POWER - CASEY	 CLOSED ENJOY THE ECLIPSE!	600A: HOT POWER - CASEY 415P: SLOW FLOW - SABRINA 545P: RAJA HOT - PADMA 700P: YIN YOGA - CASEY 715P: HOT VINYASA - LILLIAN	915A: HOT VINYASA - KORYN 415P: RAJA HOT - REBECCA 545P: RAJA HOT - BILLY 700P: YOGA NIDRA - LILLIAN 715P: HOT TRAP - SABRINA	600A: RAJA HOT - REBECCA 415P: RAJA HOT - PADMA 545P: HOT 26 - PADMA 715P: RAJA HOT - LILLIAN	915A: HOT VINYASA - KORYN 545P: RAJA HOT - PADMA 715P: 90S RAP - BILLY	915A: HOT POWER - CASEY 930AM: SLOW FLOW - JESS W 1045A: SLOW FLOW - SABRINA 1045A - KIDS YOGA - JESS W (AGES 8-12)
14	15	16	17	18	19	20
215P: SLOW FLOW - SABRINA 415P: HOT YIN - PADMA 545P: RAJA HOT - BILLY 700P: MEDITATION - LILLIAN 715P: HOT POWER - CASEY	915A: RAJA HOT - REBECCA 415P: HOT VINYASA - KORYN 545P: RAJA HOT - BILLY 715P: HOT 26 - BILLY	600A: HOT POWER - CASEY 415P: SLOW FLOW - SABRINA 545P: RAJA HOT - PADMA 700P: YIN YOGA - CASEY 715P: HOT VINYASA - LILLIAN	915A: HOT VINYASA - KORYN 415P: RAJA HOT - REBECCA 545P: RAJA HOT - BILLY 700P: YOGA NIDRA - LILLIAN 715P: HOT TRAP - SABRINA	600A: RAJA HOT - REBECCA 415P: RAJA HOT - PADMA 545P: HOT 26 - PADMA 715P: RAJA HOT - LILLIAN	915A: HOT VINYASA - KORYN NO PM CLASSES	915A: HOT POWER - CASEY 930AM: SLOW FLOW - JESS W 1045A: SLOW FLOW - BONNIE 1045A - KIDS YOGA - JESS W (AGES 8-12)
21	22	23	24	25	26	
215P: HOT VINYASA - BONNIE 415P: HOT YIN - PADMA 545P: RAJA HOT - BILLY 700P: MEDITATION - LILLIAN 715P: HOT POWER - CASEY	915A: RAJA HOT - REBECCA 415P: HOT VINYASA - KORYN 545P: RAJA HOT - BILLY 715P: HOT 26 - BILLY	600A: HOT POWER - CASEY 415P: SLOW FLOW - SABRINA 545P: RAJA HOT - PADMA 700P: YIN YOGA - CASEY 715P: HOT VINYASA - LILLIAN	915A: HOT VINYASA - KORYN 415P: RAJA HOT - REBECCA 545P: RAJA HOT - BILLY 700P: YOGA NIDRA - LILLIAN 715P: HOT TRAP - SABRINA	600A: RAJA HOT - REBECCA 415P: RAJA HOT - PADMA 545P: HOT 26 - PADMA 715P: RAJA HOT - LILLIAN	915A: HOT VINYASA - KORYN 530P: FULL MOON BELLY DANCE - DENISE 545P: RAJA HOT - PADMA 715P: 420 BLACKLIGHT - PADMA	ORANGE & PURPLE CLASSES ARE WARM OR NON-HEATED CLASSES / EVENTS RED CLASSES ARE HOT YOGA CLASSES BLUE CLASSES ARE HOT YOGA EVENTS

Call/text **931.551.0387** to sign up, online at **ahavahotyoga.com**, or through the **MindBody app!**

Schedule subject to change. Check MindBody for up-to-date changes.

