



Forge Class SCHEDULE



	MON	TUES	WED	THUR	FRI	SAT	SUN
6am	Bikram 60 min	Inferno Hot Pilates	Bikram 60 min	Inferno Hot Pilates	Bikram 90 min		
7am						Bikram 60 min	Hot Vinyasa Flow
7:30am	Inferno Hot Pilates		Inferno Hot Pilates				
8:30am						Bikram 90 min	Bikram 90 min
9am	Hot Vinyasa Flow	Bikram 90 min	Hot Vinyasa Flow	Bikram 90 min	Hot Vinyasa Flow		
10:30am	Hatha Yoga		Hatha Yoga		Yin Yoga 60min	Hot Vinyasa Flow	Hot Vinyasa Flow
12pm	Inferno Hot Pilates	Hot Vinyasa Flow	Inferno Hot Pilates	Hot Vinyasa Flow	Bikram 60 min	Inferno Hot Pilates	Inferno Hot Pilates
1:30PM					Inferno Hot Pilates		
4pm						Hot Vinyasa Flow	
5pm	Bikram 90 min	Bikram 90 min	Bikram 90 min	Bikram 90 min	Hot Vinyasa Flow	5:45 PM BLACK HEALING YOGA	Bikram 90 min
7pm	Inferno Hot Pilates	Hot Vinyasa Flow	Inferno Hot Pilates	Hot Vinyasa Flow	Bikram Beats		Yin Yoga 75min
8:30pm	Hot Vinyasa Flow	Inferno Hot Pilates	Hot Vinyasa Flow	Inferno Hot Pilates			QUEER COMMUNITY CLASS