

boisehotyoga

Monday

6:00AM Inferno
9:30AM Bikram
12:00PM 60min Bikram
4:30PM 60min Bikram
6:00PM Bikram

Tuesday

8:00AM Inferno
9:30AM 60min Bikram
4:00PM Bikram
6:00PM 60min Bikram
7:30PM Inferno

Wednesday

6:00AM Bikram
9:30AM Bikram
4:30PM 60min Bikram
6:00PM Bikram
6:00PM Aerial Level I

Thursday

8:00AM Inferno
9:30AM Bikram
12:00PM 60min Bikram
4:00PM Bikram
6:00PM 60min Bikram
7:30PM Inferno

Friday

6:00AM 60min Bikram
8:00AM Bootcamp
9:30AM Bikram
12:00PM Inferno
4:30PM Vinyasa
6:00PM 60min Bikram

Saturday

8:00AM 60min Bikram
9:30AM Bikram
9:30PM BHY Kids Club
11:30PM Bikram
11:30PM Aerial Level II (Starts 10/14)

Sunday

8:00AM Inferno
9:30AM Bikram
4:30PM Bikram
6:00PM Nidra (Starts 11/5)

Studios Open 30 BEFORE and AFTER Class

-Our classes (60/90 Bikram, Inferno, Bootcamp, Vinyasa, and Aerial Yoga I) are designed for any skill level.

-A yoga mat, a full sized towel & bottle of water are required for every class. You are welcome to bring your own mat, towel, and water from home. We also offer mats/towels for rent and water for sale at the studio.

-Please arrive 15 minutes before class starts. This give you time to meet your teacher, fill out a waiver, and get informed about what to expect during your class.

-Our hot room is HOT (100-105F) and HUMID (30-50%). Please dress accordingly, i.e. tank tops, shorts, etc.

**FALL SCHEDULING
STARTING OCTOBER 1st**

**Boise Hot Yoga
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www.boisehotyoga.com**