

# boisehotyoga

## Monday

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

## Tuesday

9:30AM 60min Bikram  
11:00AM Inferno  
4:00PM Bikram  
6:00PM Vinyasa

## 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  
4:00PM Bikram  
6:00PM 60min Bikram  
6:00PM Nidra

## 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

## Sunday

8:00AM Inferno  
9:30AM Bikram  
4:00PM Bikram  
6:00PM Nidra

**For More Information Visit:**  
**[www.boisehotyoga.com](http://www.boisehotyoga.com)**

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