



# Westside HOT Classes Schedule



HOT YOGA	MON	TUE	WED	THUR	FRI	SAT	SUN
9:00am	MATT	GABRIELA	MATT	GABRIELA	MATT	MATT	GABRIELA
6:00pm	TATE	MATT	TATE	MATT			

**\$65/month  
OR \$15/class**

## WHAT YOU SHOULD KNOW:

- **Bring a mat and a full size towel ( this is mandatory)**
- Come well hydrated to the class, bring some water, you will sweat!
- Please arrive 10 minutes before class to get settled
- Wear comfortable lightweight attire ( please no perfume nor fragrance)
- Please kindly clean your space after class