



JULY/AUGUST 2017



TIME	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
6:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR		
7:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR	HOT ROLL	
8:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR	HOT ISO	
9:00AM	HOT ISO	HOT BUNS	HOT YOGA	HOT CORE	HOT WARRIOR	HOT YOGA	HOT BUNS
10:45AM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT BUNS	HOT CORE
11:45AM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT CORE	HOT WARRIOR
12:45PM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT WARRIOR	HOT ISO
1:45PM	HOT BUNS	HOT PILATES	HOT ISO	HOT PILATES	HOT CORE	HOT PILATES	HOT PILATES
3:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT ISO	HOT ROLL
4:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT YOGA	HOT YOGA
5:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT BUNS	
6:30PM	HOT WARRIOR	HOT CORE	HOT WARRIOR	HOT ISO	HOT BUNS	HOT ZEN	
8:15PM	HOT ZEN	HOT ROLL	HOT ZEN	HOT ROLL	HOT ZEN		

Hotworx is offered exclusively at the Northwest Family YMCA for YMCA of Greater Syracuse Members.

