



HOT YOGA AUBURN

MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM HOT PILATES*	6:00AM HOT YOGA	6:00AM HOT YOGA	6:00AM HOT PILATES*	6:00AM HOT PILATES*		
					8:00AM HOT YOGA	8:00AM HOT YOGA
9:30AM HOT YOGA	9:30AM HOT YOGA	9:30AM HOT YOGA	9:30AM HOT YOGA	9:30AM HOT YOGA	10:00AM HOT YOGA	10:00AM HOT YOGA
11:30AM HOT PILATES*	11:30AM HOT PILATES*	11:30AM HOT PILATES*	11:30AM HOT PILATES*	11:30AM HOT PILATES*	12:00PM HOT PILATES*	12:00PM HOT PILATES*
3:30PM HOT YOGA	4:00pm HOT PILATES*	3:30PM HOT YOGA	4:00pm HOT PILATES*	4:00pm HOT PILATES*		
5:30PM HOT PILATES*	5:30PM HOT YOGA	5:30PM HOT YOGA	5:30PM HOT YOGA	5:30PM HOT YOGA	4:00PM HOT YOGA	4:00PM HOT YOGA
7:30PM HOT YOGA	7:30PM HOT PILATES*	7:30PM HOT PILATES*	7:30PM HOT PILATES*	7:30PM HOT PILATES*		

*Please sign up online for Inferno Hot Pilates and Yin classes. **Yin Yoga meets every other Saturday.
Please check our website or MindbodyOnline for schedule changes due to emergency, weather, etc.
567 Southbridge St. Auburn, MA 01501 (508) 832-YOGA (9642) samgoldm@gmail.com