



HOTWORX
 — BEYOND HOT YOGA —
HealthSPORT
 By the Bay

2019 HOTWORX Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45am	Core	Pilates	Roll	Yoga	Warrior
9:00-9:45am	Roll	Yoga	Buns	Iso	Core
10:00-10:45am	Yoga	Buns	Iso	Core	Pilates
11:00-11:45am	Cool Down	Cool Down	Cool Down	Cool Down	Cool Down
12:00-12:45pm	Warrior	Core	Yoga	Pilates	Iso
1:00-1:45pm	Iso	Warrior	Core	Buns	Yoga
2:00-2:45pm	Pilates	Iso	Warrior	Roll	Buns
3:00-3:45pm	Cool Down	Cool Down	Cool Down	Cool Down	Cool Down
4:00-4:45pm	Buns	Roll	Pilates	Warrior	Core
5:00-5:45pm	Yoga	Warrior	Iso	Pilates	Roll
6:00-6:45pm	Roll	Buns	Yoga	Iso	Pilates

Infrared Sauna + Hot Exercise = RESULTS!

- Hot Iso - 14 Isometric Poses
- Hot Buns - Strictly Targets Glutes
- Hot Roll - Foam Rolling
- Hot Yoga - Traditional Yoga
- Hot Pilates - Traditional Pilates
- Hot Core - Abs, Hips, and Lower Back
- Hot Warrior - Advanced Version of Hot Iso

411 1st Street
 Eureka, CA 95501
 707.268.8220

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Club Hours
 Mon-Fri 7:00am - 7:00pm
 Not Open On Weekends