

# oneHOTspot! Hot Yoga Studio Autumn Schedule

Råbygatan 1c, 22361, Lund

[www.onehotspot.se](http://www.onehotspot.se)

time/day	mon	tue	wed	thurs	fri	sat	sun
06.30	UPflo65	HYY65	ONE65 All Levels	FLOW65 All Levels	UPfloSilent 50		
07.30	Mindful Monday40 @ONEup	Flow & Restore65 @ONEup	YIN65 @ONEup	Flow & Restore65 @ONEup	TGIF MEDITATION40 @ONEup		
08.15	ONE65 All Levels				YIN65		
09.00				Vinyasa65 All Levels @ONEup		RESTORE 90	UNITY ASANA65
09.30						OHS RUN 75	
10.30		FLOW & SIT 65 @ONEup					MOVE60
11.00						ONE50 SILENT All Levels	
11.30-12:00						Learning 75 @ONE UPP	
12.00	HYY65	ONE65 All Levels	UPflo65	BARRE MOVE60	ONE65 Intermediate		ONE65 All Levels
12.30						HYY65	
14.00		Vinyasa65 All Levels		HYY65		Kids Yoga	
16.00		YINYASA 60		YIN75 @ONEup	Vinyasa65 All Levels	UNITY ASANA65	YIN + NIDRA 90
17.00	ONE65 SILENT Intermediate	OHS RUN 65	ONE65 All Levels	ONE65 Intermediate	ONE65 All Levels	FLOW & SIT 65 @ONEup	
17:30						Vinyasa65 Intermediate Balance & Inversion	
18.00	YIN65 @ONEup	UPflo65					Practice Time Individual Practice 18:00-20:00
18.30	SCULPT 45 Arms & Back		CORE60	SCULPT 45 Legs & Glutes			
19.00		ONE65 All Levels @ONE UPP	Flow & Restore65 @ONEup	Vinyasa65 Intermediate Balance & Inversion @ONEup			
19.30	Vinyasa65 All Levels	RESTORE 90					
20.00			Vinyasa65 Intermediate	Learning 75			