



# HOTWORX - Southlake, TX



Address:

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Website: <https://www.hotworx.net/studio/southlake>

Description: HOTWORX is a 24-hour infrared fitness studio that provides members with access to a variety of virtually instructed infrared sauna and hot yoga workouts. Experience the benefits of infrared energy and heat through a 15-minute High-Intensity Interval Training session or any of our 30-minute isometric workouts, including Hot Pilates, Hot Yoga, Hot Core, Hot Cycle, Hot Blast, and many more. Start achieving your fitness goals and experience the HOTWORX difference for yourself!

Keywords: Yoga, pilates, barre, indoor cycling, fitness, gym

Hour: Monday - Thursday: 11:00 - 20:00, Friday: 9:00 - 18:00, Saturday: 11:00 - 16:00, Sunday: Closed