



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
Vinyasa 9am-10am Slow Flow & Sound 10:30am-11:30am Chakra Meditation 12:30pm-1:30pm	Yin Yoga 9:30am-10:30am Gentle Beginners 4:30pm-5:30pm Community Yoga 6pm-7pm Hot Yoga 7:30pm-8:30pm	Yoga for Back Care 5pm-6pm Beginner Yoga 6:30-7:30	Hot Yoga 7:30am-8:30am Gentle Yoga 10:30am-11:30am Yoga Bootcamp 5pm-6pm Wind Down 7pm- 8pm	Lymph Love 5:30pm-6:30pm Power Flow & Meditation 7:30pm-8:30pm	Hot Yoga 7:30am-8:30am Hot Happy Hour 5:30pm-6:30pm	Hot Yoga 8am-9:15am All Levels Yoga 9:45am-10:30am Prenatal Yoga 11am-12:30pm
14	15	16	17	18	19	20
Vinyasa 9am-10am Slow Flow & Sound 10:30am-11:30am Chakra Meditation 12:30pm-1:30pm	Yin Yoga 9:30am-10:30am Gentle Beginners 4:30pm-5:30pm Community Yoga 6pm-7pm Hot Yoga 7:30pm-8:30pm	Yoga for Back Care 5pm-6pm Beginner Yoga 6:30-7:30	Hot Yoga 7:30am-8:30am Gentle Yoga 10:30am-11:30am Yoga Bootcamp 5pm-6pm Wind Down 7pm- 8pm	Lymph Love 5:30pm-6:30pm Hot Power Flow & Meditation 7:30pm-8:30pm	Hot Yoga 7:30am-8:30am Hot Happy Hour 5:30pm-6:30pm Kundalini Yoga 6:45-8:15pm	Hot Yoga 8am-9:15am All Levels Yoga 9:45am-10:30am Alignment Workshop 1pm-2:30pm
21	22	23	24	25	26	27
Vinyasa 9am-10am Slow Flow & Sound 10:30am-11:30am Chakra Meditation 12:30pm-1:30pm	Yin Yoga 9:30am-10:30am Gentle Beginners 4:30pm-5:30pm Community Yoga 6pm-7pm Hot Yoga 7:30pm-8:30pm	Yoga for Back Care 5pm-6pm Beginner Yoga 6:30-7:30	Hot Yoga 7:30am-8:30am Gentle Yoga 10:30am-11:30am Yoga Bootcamp 5pm-5pm Wind Down 7pm- 8pm	Lymph Love 5:30pm-6:30pm Hot Power Flow & Meditation 7:30pm-8:30pm	Hot Yoga 7:30am-8:30am Hot Happy Hour 5:30pm-6:30pm Reiki and Sound 6:45-8:15pm	Hot Yoga 8am-9:15am All Levels Yoga 9:45am-10:30am
28	29	30	1	2	3	4
Vinyasa 9am-10am Slow Flow & Sound 10:30am-11:30am Chakra Meditation 12:30pm-1:30pm Iridology Workshop 2pm-4pm	Yin Yoga 9:30am-10:30am Gentle Beginners 4:30pm-5:30pm Community Yoga 6pm-7pm Hot Yoga 7:30pm-8:30pm	Yoga for Back Care 5pm-6pm Beginner Yoga 6:30-7:30	Hot Yoga 7:30am-8:30am Gentle Yoga 10:30am-11:30am Yoga Bootcamp 5pm-6pm Wind Down 7pm- 8pm	Lymph Love 5:30pm-6:30pm Hot Power Flow & Meditation 7:30pm-8:30pm	Hot Yoga 7:30am-8:30am Hot Happy Hour 5:30pm-6:30pm Kundalini Yoga 6:45-8:15pm	Hot Yoga 8am-9:15am All Levels Yoga 9:45am-10:30am Prenatal Yoga 11am-12:30pm