

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
Open Level Yoga 9:30am – 10:30am Beginner Yoga 3:30pm – 4:30pm Flow and Restore 5pm – 6:15pm	Yoga Bootcamp 8am – 9am Gentle Yoga 10am – 11am Kids Yoga 3-5 3pm – 4pm Kids Yoga 8-11 4:30pm – 5:30pm Mindful Hatha Flow 7pm – 8:15pm	Yoga Bootcamp 5:30pm – 6:20pm Beginner Yoga 6:30pm – 7:30pm	Yoga and Meditation 6am – 7am Vinyasa Yoga 9:30am-10:30am Gentle Yoga 5:45pm – 6:45pm Vinyasa. Yoga 7pm – 8:15pm	Power Yoga 6am – 7am Yoga and Meditation 9:30am – 10:30am Kids Yoga 4:30pm – 5:30pm Vinyasa Yoga 7pm – 8pm	Vinyasa Yoga 8am – 9am Happy Hour Yoga 6pm – 7pm New Moon Ceremony 7:30pm – 9pm	Open Level Yoga 9:30am – 10:30am Vinyasa Yoga 11:30am – 12:30pm
5	6	7	8	9	10	11
Open Level Yoga 9:30am – 10:30am Beginner Yoga 3:30pm – 4:30pm Flow and Restore 5pm – 6:15pm	Yoga Bootcamp 8am – 9am Gentle Yoga 10am – 11am Kids Yoga 3-5yrs 3pm – 4pm Kids Yoga 8-11yrs 4:30pm – 5:30pm Mindful Hatha Flow 7pm – 8:15pm	Slow Flow 6am – 7am Vinyasa Yoga 5:45pm – 6:45pm Beginner Yoga 7pm -8pm	Yoga and Meditation 6am – 7am Vinyasa Yoga 9:30am-10:30am Gentle Yoga 5:45pm – 6:45pm Vinyasa Yoga 7pm – 8:15pm	Power Yoga 6am – 7am Yoga and Meditation 9:30am – 10:30am Kids Yoga 4:30pm – 5:30pm Vinyasa Yoga 7pm – 8pm	Vinyasa Yoga 8am – 9am Happy Hour Yoga 6pm – 7pm	Open Level Yoga 9:30am – 10:30am Vinyasa Yoga 11:30am – 12:30pm
12	13	14	15	16	17	18
Open Level Yoga 9:30am – 10:30am Beginner Yoga 3:30pm – 4:30pm Flow and Restore 5pm – 6:15pm	Yoga Bootcamp 8am – 9am Gentle Yoga 10am – 11am Kids Yoga 3-5yrs 3pm – 4pm Kids Yoga 8-11yrs 4:30pm – 5:30pm Mindful Hatha Flow 7pm – 8:15pm	Slow Flow 6am – 7am Vinyasa Yoga 5:45pm – 6:45pm Beginner Yoga 7pm – 8pm	Yoga and Meditation 6am – 7am Vinyasa Yoga 9:30am-10:30am Gentle Yoga 5:45pm – 6:45pm Vinyasa Yoga 7pm – 8:15pm	Power Yoga 6am – 7am Yoga and Meditation 9:30am – 10:30am Kids Yoga 4:30pm – 5:30pm Vinyasa Yoga 7pm – 8pm	Vinyasa Yoga 8am – 9am Happy Hour Yoga 6pm – 7pm	Open Level Yoga 9:30am – 10:30am Vinyasa Yoga 11:30am – 12:30pm Going Green in Greenwood Lake! 1pm-5pm
19	20	21	22	23	24	25
Open Level Yoga 9:30am – 10:30am Beginner Yoga 3:30pm – 4:30pm Flow and Restore 5pm – 6:15pm	Yoga Bootcamp 8am – 9am Gentle Yoga 10am – 11am Kids Yoga 3-5yrs 3pm – 4pm Kids Yoga 8-11yrs 4:30pm – 5:30pm Mindful Hatha Flow 7pm – 8:15pm	Slow Flow 6am – 7am Vinyasa Yoga 5:45pm – 6:45pm Beginner Yoga 7pm – 8pm	Yoga and Meditation 6am – 7am Vinyasa Yoga 9:30am-10:30am Gentle Yoga 5:45pm – 6:45pm Vinyasa Yoga 7pm – 8:15pm	Power Yoga 6am – 7am Yoga and Meditation 9:30am – 10:30am Kids Yoga 4:30pm – 5:30pm Vinyasa Yoga 7pm – 8pm	Vinyasa Yoga 8am – 9am Happy Hour Yoga 6pm – 7pm	Open Level Yoga 9:30am – 10:30am Vinyasa Yoga 11:30am – 12:30pm
26	27	28	29	30	31	1
Open Level Yoga 9:30am – 10:30am Beginner Yoga 3:30pm – 4:30pm Flow and Restore 5pm – 6:15pm	Yoga Bootcamp 8am – 9am Gentle Yoga 10am – 11am Kids Yoga 3-5yrs 3pm – 4pm Kids Yoga 8-11yrs 4:30pm – 5:30pm Mindful Hatha Flow 7pm – 8:15pm	Slow Flow 6am – 7am Vinyasa Yoga 5:45pm – 6:45pm Beginner Yoga 7pm – 8pm	Yoga and Meditation 6am – 7am Vinyasa Yoga 9:30am-10:30am Gentle Yoga 5:45pm – 6:45pm Vinyasa Yoga 7pm – 8:15pm	Power Yoga 6am – 7am Yoga and Meditation 9:30am – 10:30am Kids Yoga 4:30pm – 5:30pm Vinyasa Yoga 7pm – 8pm	Vinyasa Yofa 8am – 9am Happy Hour Yoga 6pm – 7pm	Open Level Yoga 9:30am – 10:30am Vinyasa Yoga 11:30am – 12:30pm Flexibility Workshop 1pm – 3pm