



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
<b><u>Vinyasa</u></b> 9am-10am <b><u>Slow Flow &amp; Sound</u></b> 10:30am-11:30am <b><u>Chakra Meditation</u></b> 11:45am-12:45pm	<b><u>Yin Yoga</u></b> 9:30am-10:30am <b><u>Gentle Beginners</u></b> 4:30pm-5:30pm <b><u>Community Yoga</u></b> 6pm-7pm <b><u>Hot Yoga</u></b> 7:30pm-8:30pm	<b><u>Yoga for Back Care</u></b> 5pm-6pm <b><u>Beginner Yoga</u></b> 6:30-7:30 <b><u>Yoga Nidra</u></b> 8pm-9pm	<b><u>Hot Yoga</u></b> 7:30am-8:30am <b><u>Gentle Yoga</u></b> 10:30am-11:30am <b><u>Yoga Bootcamp</u></b> 5pm-6pm <b><u>Wind Down</u></b> 7pm-8pm	<b><u>Vinyasa</u></b> 9am-10am  <b><u>Lymph Love</u></b> 5:30pm-6:30pm <b><u>Hot Power Flow</u></b> 7:30pm-8:30pm	<b><u>Hot Yoga</u></b> 7:30am-8:30am  <b><u>Happy Hour Yoga</u></b> 5:30pm-6:30pm	<b><u>Hot Yoga</u></b> 8am-9:15am <b><u>All Levels Yoga</u></b> 9:45am-10:30am <b><u>Restorative Yoga</u></b> 11am-12pm
13	14	15	16	17	18	19
<b><u>Vinyasa</u></b> 9am-10am <b><u>Slow Flow &amp; Sound</u></b> 10:30am-11:30am <b><u>Chakra Meditation</u></b> 11:45am-12:45pm	<b><u>Yin Yoga</u></b> 9:30am-10:30am  <b><u>Hot Yoga</u></b> 7:30pm-8:30pm	<b><u>Yoga for Back Care</u></b> 5pm-6pm <b><u>Beginner Yoga</u></b> 6:30-7:30 <b><u>Yoga Nidra</u></b> 8pm-9pm	<b><u>Hot Yoga</u></b> 7:30am-8:30am <b><u>Gentle Yoga</u></b> 10:30am-11:30am <b><u>Yoga Bootcamp</u></b> 5pm-6pm <b><u>Wind Down</u></b> 7pm-8pm	<b><u>Vinyasa</u></b> 9am-10am  <b><u>Lymph Love</u></b> 5:30pm-6:30pm <b><u>Hot Power Flow</u></b> 7:30pm-8:30pm	<b><u>Hot Yoga</u></b> 7:30am-8:30am  <b><u>Happy Hour Yoga</u></b> 5:30pm-6:30pm <b><u>Kundalini Yoga</u></b> 7pm-8:30pm	<b><u>Hot Yoga</u></b> 8am-9:15am <b><u>All Levels Yoga</u></b> 9:45am-10:30am <b><u>Restorative Yoga</u></b> 11am-12pm
20	22	23	24	25	26	27
<b><u>Vinyasa</u></b> 9am-10am <b><u>Slow Flow &amp; Sound</u></b> 10:30am-11:30am <b><u>Chakra Meditation</u></b> 11:45am-12:45pm	<b><u>Yin Yoga</u></b> 9:30am-10:30am <b><u>Gentle Beginners</u></b> 4:30pm-5:30pm <b><u>Community Yoga</u></b> 6pm-7pm <b><u>Hot Yoga</u></b> 7:30pm-8:30pm	<b><u>Yoga for Back Care</u></b> 5pm-6pm <b><u>Beginner Yoga</u></b> 6:30-7:30 <b><u>Yoga Nidra</u></b> 8pm-9pm	<b><u>Hot Yoga</u></b> 7:30am-8:30am <b><u>Gentle Yoga</u></b> 10:30am-11:30am <b><u>Yoga Bootcamp</u></b> 5pm-5pm <b><u>Wind Down</u></b> 7pm-8pm	<b><u>Vinyasa</u></b> 9am-10am  <b><u>Lymph Love</u></b> 5:30pm-6:30pm <b><u>Hot Power Flow</u></b> 7:30pm-8:30pm	<b><u>Hot Yoga</u></b> 7:30am-8:30am  <b><u>Happy Hour Yoga</u></b> 5:30pm-6:30pm	<b><u>Hot Yoga</u></b> 8am-9:15am <b><u>All Levels Yoga</u></b> 9:45am-10:30am <b><u>Restorative Yoga</u></b> 11am-12pm
28	29	30	31	1	2	3
<b><u>Vinyasa</u></b> 9am-10am <b><u>Slow Flow &amp; Sound</u></b> 10:30am-11:30am <b><u>Chakra Meditation</u></b> 11:45am-12:45pm	<b><u>Yin Yoga</u></b> 9:30am-10:30am <b><u>Gentle Beginners</u></b> 4:30pm-5:30pm <b><u>Community Yoga</u></b> 6pm-7pm <b><u>Hot Yoga</u></b> 7:30pm-8:30pm	<b><u>Yoga for Back Care</u></b> 5pm-6pm <b><u>Beginner Yoga</u></b> 6:30-7:30 <b><u>Yoga Nidra</u></b> 8pm-9pm	<b><u>Hot Yoga</u></b> 7:30am-8:30am <b><u>Gentle Yoga</u></b> 10:30am-11:30am <b><u>Yoga Bootcamp</u></b> 5pm-6pm <b><u>Wind Down</u></b> 7pm-8pm	<b><u>Vinyasa</u></b> 9am-10am  <b><u>Lymph Love</u></b> 5:30pm-6:30pm <b><u>Hot Power Flow</u></b> 7:30pm-8:30pm	<b><u>Hot Yoga</u></b> 7:30am-8:30am  <b><u>Happy Hour Yoga</u></b> 5:30pm-6:30pm	<b><u>Hot Yoga</u></b> 8am-9:15am <b><u>All Levels Yoga</u></b> 9:45am-10:30am <b><u>Restorative Yoga</u></b> 11am-12pm