



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