



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
Vinyasa 9am-10am Restorative 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	All Levels Yoga 9:30am – 10:30am 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 5:30pm-6:30pm Wind Down 7pm- 8pm	 Lymph Love 5:30pm-6:30pm Power Yoga 7pm-8pm	Hot Yoga 7:30am-8:30am Healthy Hips 9:30am-10:30am Align & Manifest 4:30pm-5:30pm	Hot Yoga 8:30am-9:30am All Levels Yoga 10am-11am
11	12	13	14	15	16	17
Vinyasa 9am-10am Restorative 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	All Levels Yoga 9:30am – 10:30am 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 5:30pm-6:30pm Wind Down 7pm- 8pm	 Lymph Love 5:30pm-6:30pm Power Yoga 7pm-8pm	Hot Yoga 7:30am-8:30am Healthy Hips 9:30am-10:30am Align & Manifest 4:30pm-5:30pm	Hot Yoga 8:30am-9:30am All Levels Yoga 10am-11am
18	19	20	21	22	23	24
Vinyasa 9am-10am Restorative Yoga 10:30am-11:30am Chakra Meditation 11:45am-12:45pm Gong Bath 7pm	Yin Yoga 9:30am-10:30am Gentle Beginners 4:30pm-5:30pm Community Yoga 6pm-7pm Hot Yoga 7:30pm-8:30pm	All Levels Yoga 9:30am – 10:30am 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 5:30pm-6:30pm Wind Down 7pm- 8pm	 Lymph Love 5:30pm-6:30pm Power Yoga 7pm-8pm	Hot Yoga 7:30am-8:30am Healthy Hips 9:30am-10:30am Align & Manifest 4:30pm-5:30pm Kundalini Yoga 6:30pm	Hot Yoga 8:30am-9:30am All Levels Yoga 10am-11am
25	26	27	28	29	30	31
Vinyasa 9am-10am Restorative 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	All Levels Yoga 9:30am – 10:30am 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 5:30pm-6:30pm Wind Down 7pm- 8pm	 Lymph Love 5:30pm-6:30pm Power Yoga 7pm-8pm	Hot Yoga 7:30am-8:30am Healthy Hips 9:30am-10:30am Align & Manifest 4:30pm-5:30pm	Hot Yoga 8:30am-9:30am All Levels Yoga 10am-11am