

July 2025

**YTT led class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga Flow 6:30pm	2 **Chill & Flow 6:30pm	3 NO CLASS	4 NO CLASS	5 Hot Yoga 9am
6	7 Chair Yoga 3:30pm Beginner Flow 5pm	8 Yoga Flow 6:30pm	9	10 Power Flow 6:30pm	11 Yoga Flow 10am **Sacred Lunar Flow 6:30pm (90 min)	12 Hot Yoga 7:30am Hot Yoga 9am
13 Armbalance Workshop 10-12pm	14 Chair Yoga 3:30pm Beginner Flow 5pm	15 Yoga Flow 6:30pm	16 **Chill & Flow 6:30pm	17 Power Flow 6:30pm	18	19 Hot Yoga 9am
20 Hot POWER Yoga 10am	21 Chair Yoga 3:30pm Beginner Flow 5pm	22 Yoga Flow 6:30pm	23	24 Power Flow 6:30pm	25 Yoga Flow 10am Yoga & Sound Bath 7pm	26 Hot Yoga 9am Hot Yoga 10:30am
27 Heated Level II Flow 10am	28 Chair Yoga 3:30pm Beginner Flow 5pm	29 Yoga Flow 6:30pm	30	31 Power Flow 6:30pm		