

# AUGUST 2025



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Hot Yoga 9am
3 Hot POWER Yoga 10am	4 Chair Yoga 3:30pm Beg. Slow Flow 5pm	5 Yoga Flow 6:30pm	6 Chill & Flow 6:30pm	7 Power Yoga 6:30pm	8 Sacred Lunar Flow (90min) 6:30pm	9 Hot Yoga 7:30am Hot Yoga 9am
10	11 Chair Yoga 3:30pm Beg. Slow Flow 5pm	12 Yoga Flow 6:30pm	13 Chill & Flow 6:30pm	14 Power Yoga 6:30pm	15 Yoga Flow 10am	16 Hot Yoga 9am Hot Yoga 10:30am
17 Heated Yin/Yang Flow (75mins) 6pm	18 Chair Yoga 3:30pm Beg. Slow Flow 5pm	19 Yoga Flow 6:30pm	20 Chill & Flow 6:30pm	21 Power Yoga 6:30pm	22 Sound Bath 7pm	23 Hot Yoga 9am
24 Heated Level II Flow 10am	25 Chair Yoga 3:30pm Beg. Slow Flow 5pm	26 Yoga Flow 6:30pm	27 Chill & Flow 6:30pm	28 Power Yoga 6:30pm	29 Yoga Flow 10am	30 Hot Yoga 9am
31	Yin Yoga 6:30pm					

