

August

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Hot Yoga 9am
2 Power Sword Yoga 10am	3 Chair Yoga 3:30pm Slow Flow 5pm Heated Power Yoga 6:30pm	4 Yoga Flow 6pm	5 Hot Yoga 10am Chill & Flow 6:30pm	6 Power Yoga 6:30pm	7 Open Studio 5-7pm	8 Hot Yoga 9am
9 Pilates Fundraiser 9am	10 Chair Yoga 3:30pm Slow Flow 5pm	11 Yoga Flow 6pm Pilates (heated) 7:30pm	12 Hot Yoga 10am Chill & Flow 6:30pm	13 Power Yoga 6:30pm	14 Gentle Flow 6:30pm	15 Hot Yoga 9am
16 Pilates (non-heated)8am Primal Yoga 10am	17 Chair Yoga 3:30pm Slow Flow 5pm Heated Power Yoga 6:30pm	18 Pilates (heated) 7:30pm	19 Hot Yoga 10am Chill & Flow 6:30pm	20 Power Yoga 6:30pm	21 Gentle Flow 6:30pm Sound Bath 8pm	22 Hot Yoga 9am
23 Pilates (non-heated)8am	24 Chair Yoga 3:30pm Slow Flow 5pm Heated Power Yoga 6:30pm	25 Yoga Flow 6pm	26 Hot Yoga 10am Chill & Flow 6:30pm	27 Power Yoga 6:30pm Pilates (heated) 7:40pm	28 Gentle Flow 6:30pm	29 Hot Yoga 10:30am
30 Pilates (non-heated)8am	31 Chair Yoga 3:30pm Slow Flow 5pm Heated Power Yoga 6:30pm					