

# JULY 2026

Hot Yoga 9am

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Hot Yoga 10am  Chill & Flow 6:30pm	2  Power Yoga 6:30pm  Pilates 7:45pm (Heated)	3  Gentle Flow 6:30pm	4  NO CLASS
5  NO CLASS	6 Chair Yoga 3:30pm  Slow Flow 5pm  Power Yoga 6:30pm	7 Yoga Flow 6pm  Pilates 7:30pm (Heated)	8 Hot Yoga 10am  Chill & Flow 6:30pm	9  Power Yoga 6:30pm	10  Gentle Flow 6:30pm	11 Hot Yoga 7:30am Hot Yoga 9am
12 Intro to Armbalance Workshop 12pm	13 Chair Yoga 3:30pm  Slow Flow 5pm  Power Yoga 6:30pm	14 Yoga Flow 6pm  Pilates 7:30pm (Heated)	15 Hot Yoga 10am  Chill & Flow 6:30pm	16  Power Yoga 6:30pm	17  Gentle Flow 6:30pm	18 Hot Yoga 9am
19 Pilates 8am	20 Chair Yoga 3:30pm  Slow Flow 5pm  Power Yoga 6:30pm	21 Yoga Flow 6pm  Pilates 7:30pm (Heated)	22 Hot Yoga 10am  Chill & Flow 6:30pm	23  Power Yoga 6:30pm	24  Gentle Flow 6:30pm	25 Hot Yoga 7:30am Hot Yoga 9am
26 Pilates 8am Pilates 9:30am Reiki Sound Bath 5pm	27 Slow Flow 5pm  Power Yoga 6:30pm	28 Yoga Flow 6pm  Pilates 7:30pm (Heated)	29 Hot Yoga 10am  Chill & Flow 6:30pm	30  Power PRIMAL Yoga 6:30pm	31	1