

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PLEASE NOTE: VO = virtual only IS - in-studio only</p> <p>All other classes are hybrid (and recorded for unlimited members.)</p>	<p>1.</p> <p>Gentle Vinyasa Flow 6 - 7 pm</p> <p>Restorative Yoga + Yoga Nidra 7:30 - 8:45 pm</p>	<p>2.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Warm Vinyasa Flow 5:30-6:30 pm</p>	<p>3.</p> <p>Prenatal Yoga - IS 5:30 - 6:30 pm</p> <p>Warm Vinyasa Flow 7-8:15 pm</p>	<p>4.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Hot Power Flow 7-8:15 pm</p>	<p>5.</p> <p>Restorative Yoga 4:45-6 pm</p>	<p>6.</p> <p>Gentle Vinyasa Flow 8:30-9:45 am</p>
<p>7.</p> <p>Hot Vinyasa Flow 10-11:15 am</p>	<p>8.</p> <p>Gentle Vinyasa Flow 6 - 7 pm</p> <p>Restorative Yoga + Yoga Nidra 7:30 - 8:45 pm</p>	<p>9.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Tween Yoga 4:30-5:25 pm - IS</p> <p>Warm Vinyasa Flow 5:30-6:30 pm</p>	<p>10.</p> <p>Prenatal Yoga - IS 5:30 - 6:30 pm</p> <p>Warm Vinyasa Flow 7-8:15 pm</p>	<p>11.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Hot Power Flow 7-8:15 pm</p>	<p>12.</p> <p>Restorative Yoga 4:45-6 pm</p>	<p>13.</p> <p>Gentle Vinyasa Flow 8:30-9:45 am</p>
<p>14.</p> <p>Hot Vinyasa Flow 10-11:15 am</p>	<p>15.</p> <p>Gentle Vinyasa Flow 6 - 7 pm</p> <p>Restorative Yoga + Yoga Nidra 7:30 - 8:45 pm</p>	<p>16.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Tween Yoga 4:30-5:25 pm - IS</p> <p>Warm Vinyasa Flow 5:30-6:30 pm</p>	<p>17.</p> <p>Prenatal Yoga - IS 5:30 - 6:30 pm</p> <p>Warm Vinyasa Flow 7-8:15 pm</p>	<p>18.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Hot Power Flow 7-8:15 pm</p>	<p>19.</p> <p>Restorative Yoga 4:45-6 pm</p>	<p>20.</p> <p>Gentle Vinyasa Flow 8:30-9:45 am</p>
<p>21.</p> <p>Hot Vinyasa Flow 10-11:15 am</p>	<p>22.</p> <p>VICTORIA DAY CLOSED</p>	<p>23.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Tween Yoga 4:30-5:25 pm - IS</p> <p>Warm Vinyasa Flow 5:30-6:30 pm</p>	<p>24.</p> <p>Prenatal Yoga - IS 5:30 - 6:30 pm</p> <p>Warm Vinyasa Flow 7-8:15 pm</p>	<p>25.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Hot Power Flow 7-8:15 pm</p>	<p>26.</p> <p>Restorative Yoga 4:45-6 pm</p>	<p>27.</p> <p>Gentle Vinyasa Flow 8:30-9:45 am</p>
<p>28.</p> <p>Hot Vinyasa Flow 10-11:15 am</p>	<p>29.</p> <p>Gentle Vinyasa Flow 6 - 7 pm</p> <p>Restorative Yoga + Yoga Nidra 7:30 - 8:45 pm</p>	<p>30.</p> <p>Gentle Hatha 9:30-10:30 am</p> <p>Tween Yoga 4:30-5:25 pm - IS</p> <p>Warm Vinyasa Flow 5:30-6:30 pm</p>	<p>31.</p> <p>Prenatal Yoga - IS 5:30 - 6:30 pm</p> <p>Warm Vinyasa Flow 7-8:15 pm</p>			