

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	JULY IS = in-studio only	1. Gentle Hatha 9:30-10:30 am Hot Power Flow 7 - 8:15 pm	2. Hot Vinyasa Flow 7:15 - 8:15 pm	3. Somatic Yoga 9:30 - 10:30 am DONATION BASED Hot Vinyasa Flow 7:30 - 8:45 pm	4. Restorative Yoga 6:30 - 7:45 pm	5. Restow (Gentle Flow + Restorative) 8:30-9:30 am
6. Hot Vinyasa Flow 10 - 11:15 am	7. Yoga for Strength & Mobility 7:15 - 8:15 pm	8. Gentle Hatha 9:30-10:30 am Hot Power Flow 7 - 8:15 pm	9. Hot Pilates 7:15 - 8:15 pm	10. Somatic Yoga 9:30 - 10:30 am DONATION BASED Hot Vinyasa Flow 7:30 - 8:45 pm	11. Restorative Yoga 6:30 - 7:45 pm	12. Restow (Gentle Flow + Restorative) 8:30-9:30 am
13. Hot Vinyasa Flow 10 - 11:15 am	14. Yoga for Strength & Mobility 7:15 - 8:15 pm	15. Gentle Hatha 9:30-10:30 am Hot Power Flow 7 - 8:15 pm	16. Hot Pilates 7:15 - 8:15 pm	17. Somatic Yoga 9:30 - 10:30 am COMMUNITY KARMA Hot Vinyasa Flow (IS) 7:30 - 8:45 pm	18. Restorative Yoga 6:30 - 7:45 pm	19. Restow (Gentle Flow + Restorative) 8:30-9:30 am
20. Hot Vinyasa Flow 10 - 11:15 am	21. Yoga for Strength & Mobility 7:15 - 8:15 pm	22. Gentle Hatha 9:30-10:30 am Hot Power Flow 7 - 8:15 pm	23. Hot Pilates 7:15 - 8:15 pm	24. Somatic Yoga 9:30 - 10:30 am DONATION BASED Hot Vinyasa Flow 7:30 - 8:45 pm	25. Restorative Yoga 6:30 - 7:45 pm	26. Restow (Gentle Flow + Restorative) 8:30-9:30 am
27. Hot Vinyasa Flow 10 - 11:15 am	28. Yoga for Strength & Mobility 7:15 - 8:15 pm	29. Gentle Hatha 9:30-10:30 am Hot Power Flow 7 - 8:15 pm	30. Hot Pilates 7:15 - 8:15 pm	31. Somatic Yoga 9:30 - 10:30 am DONATION BASED Hot Vinyasa Flow 7:30 - 8:45 pm		