

AUGUST



MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 GENTLE YOGA Tara 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1)	2 YOGA FLOW Tara 8:00-9:00 am (Y1)	3 YOGA FLOW Priti 12:00-1:00 pm (Y1) DDPYoga Anthony 2:00 – 3:00 pm (G2)
4 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Roopa 12:00-12:45 pm (Y1) YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	5 YOGA FLOW Priti 6:00-7:00 pm (Y1)	6 GENTLE YOGA Kristijana 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	7 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Kerri 12:00-12:45 pm (Y1) YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	8 GENTLE YOGA Priti 10:00-10:45 am (Y1) YOGA FLOW Kerri 12:00-12:45 pm (Y1)	9 YOGA FLOW Kristijana 8:00-9:00 am (Y1)	10 YOGA FLOW Kristijana 12:00-1:00 pm (Y1) DDPYoga Anthony 2:00 – 3:00 pm (G2)
11 GENTLE YOGA Kristijana 10:00-10:45 am (Y1) YOGA FLOW Briana 12:00-12:45 pm (Y1) YOGA FLOW Roopa 6:00-7:00 pm (Y1)	12 YOGA FLOW Priti 6:00-7:00 pm (Y1)	13 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Priti 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	14 YOGA FLOW TBD 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW Priti 6:00-7:00 pm (Y1)	15 GENTLE YOGA Roopa 10:00-10:45 am (Y1) YOGA FLOW Roopa 12:00-12:45 pm (Y1)	16 YOGA FLOW Roopa 8:00-9:00 am (Y1)	17 YOGA FLOW Briana 12:00-1:00 pm (Y1) DDPYoga Anthony 2:00 – 3:00 pm (G2)
18 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW Briana 6:00-7:00 pm (Y1)	19 YOGA FLOW Priti 6:00-7:00 pm (Y1)	20 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	21 YOGA FLOW CLOSED 6:00-6:45 am (Y1) Chair Yoga CLOSED 10:00-10:45 am (Y1) YOGA FLOW CLOSED 12:00-12:45 pm (Y1) YOGA FLOW CLOSED 6:00-7:00 pm (Y1)	22 GENTLE YOGA CLOSED 10:00-10:45 am (Y1) YOGA FLOW CLOSED 12:00-12:45 pm (Y1)	23 YOGA FLOW Roopa 8:00-9:00 am (Y1)	24 YOGA FLOW Briana 12:00-1:00 pm (Y1) DDPYoga Anthony 2:00 – 3:00 pm (G2)
25 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	26 YOGA FLOW Priti 6:00-7:00 pm (Y1)	27 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Roopa 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	28 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	29 GENTLE YOGA Tara 10:00-10:45 am (Y1) YOGA FLOW Tara 12:00-12:45 pm (Y1)	30 YOGA FLOW Kristijana 8:00-9:00 am (Y1)	31 YOGA FLOW Kristijana 12:00-1:00 pm (Y1) DDPYoga NO CLASS 2:00 – 3:00 pm (G2)

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.