

AUGUST



MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 YOGA FLOW Riley 8:00-9:00 am (Y1)	2 YOGA FLOW Riley 12:00-1:00 pm (Y1)
3 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Tara 12:00-12:45 pm (Y1) YOGA FLOW Riley 6:00-7:00 pm (Y1)	4 YOGA FLOW TBD 6:00-7:00 pm (Y1)	5 GENTLE YOGA Heidi 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	6 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Heidi 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	7 GENTLE YOGA Heidi 10:00-10:45 am (Y1) YOGA FLOW TBD 12:00-12:45 pm (Y1)	8 YOGA FLOW TBD 8:00-9:00 am (Y1)	9 YOGA FLOW TBD 12:00-1:00 pm (Y1)
10 GENTLE YOGA Tara 10:00-10:45 am (Y1) YOGA FLOW Roopa 12:00-12:45 pm (Y1) YOGA FLOW Hanna 6:00-7:00 pm (Y1)	11 YOGA FLOW TBD 6:00-7:00 pm (Y1)	12 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Riley 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	13 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Kristijana 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	14 GENTLE YOGA Riley 10:00-10:45 am (Y1) YOGA FLOW Heidi 12:00-12:45 pm (Y1)	15 YOGA FLOW Kristijana 8:00-9:00 am (Y1)	16 YOGA FLOW Riley 12:00-1:00 pm (Y1)
17 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW Hanna 6:00-7:00 pm (Y1)	18 YOGA FLOW Tara 6:00-7:00 pm (Y1)	19 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Heidi 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	20 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)	21 GENTLE YOGA CLOSED 10:00-10:45 am (Y1) YOGA FLOW CLOSED 12:00-12:45 pm (Y1)	22 YOGA FLOW TBD 8:00-9:00 am (Y1)	23 YOGA FLOW Kristijana 12:00-1:00 pm (Y1)
24/31 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Steph/Tara 12:00-12:45 pm (Y1) YOGA FLOW Faith 6:00-7:00 pm (Y1)	25 YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	26 GENTLE YOGA Heidi 10:00-10:45 am (Y1) YOGA FLOW TBD 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	27 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Heidi 12:00-12:45 pm (Y1) YOGA FLOW Faith 6:00-7:00 pm (Y1)	28 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Heidi 12:00-12:45 pm (Y1)	29 YOGA FLOW Faith 8:00-9:00 am (Y1)	30 YOGA FLOW Faith 12:00-1:00 pm (Y1)

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