

“Successful people are not gifted; they just work hard, then succeed on purpose.”

— G.K. Nielson

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(F) = Fitness Class (Y) = Yoga Class (E) = Event</p>	1	2 <i>Chair Yoga</i> 6:00pm-7:00pm	3 <i>Back to the Basics,</i> Yoga 101 6:00pm-7:00pm	4 Happy 4th of July	5	6
<p><i>Hatha Flow in the Park</i> 7 9am-10am 725 W Broadway St Lawrenceburg, KY 40342 <i>If it rains, class will be in studio</i></p>	8 <i>(F) Agni (Fire)</i> 6:0pm - 6:45pm)	9 <i>(Y) Yin Yoga</i> 6:00pm-7:00pm	10 <i>Back to the Basics,</i> Yoga 101 6:00pm-7:00pm	11 <i>(F) Flexibility</i> Deep Dive 6:00pm-7:15pm	12	13
<p><i>Hatha Flow in the Park</i> 14 9am-10am 725 W Broadway St Lawrenceburg, KY 40342 <i>If it rains, class will be in studio</i></p>	15 <i>(F) Agni (Fire)</i> 6:0pm - 6:45pm)	16 <i>Chair Yoga</i> 6:00pm-7:00pm	17 <i>Back to the Basics,</i> Yoga 101 6:00pm-7:00pm	18 <i>(F) Flexibility</i> Deep Dive 6:00pm-7:15pm	19	20
<p><i>Hatha Flow in the Park</i> 21 9am-10am 725 W Broadway St Lawrenceburg, KY 40342 <i>If it rains, class will be in studio</i></p>	22 <i>(F) Agni (Fire)</i> 6:0pm - 6:45pm)	23 <i>(Y) Yin Yoga</i> 6:00pm-7:00pm	24 <i>Back to the Basics,</i> Yoga 101 6:00pm-7:00pm	25 <i>(F) Flexibility</i> Deep Dive 6:00pm-7:15pm	26	27
<p><i>Hatha Flow in the Park</i> 28 9am-10am 725 W Broadway St Lawrenceburg, KY 40342 <i>If it rains, class will be in studio</i></p>	29 <i>(F) Agni (Fire)</i> 6:0pm - 6:45pm)	30 <i>Chair Yoga</i> 6:00pm-7:00pm	31 <i>Back to the Basics,</i> Yoga 101 6:00pm-7:00pm			
					<p>-Book your private with us.. -Personal Training / Assisted Stretching -Inversion Training -Any..</p>	

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