

May - July 2026

Week Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 4:30-6:00 Basics June	2 4:30 - 6:00 Level 2 Advanced	3 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	4 4:30 - 6:00 Preliminary Course Dynamic	5	6 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
7	8 4:30-6:00 Basics	9 4:30 - 6:00 Level 2 Advanced	10 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	11 4:30 - 6:00 Preliminary Course Dynamic	12	13 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
14 9:00 - 11:30 Iyengar Yoga Odyssey \$25	15 4:30-6:00 Basics	16 4:30 - 6:00 Level 2 Advanced	17 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	18 4:30 - 6:00 Preliminary Course Dynamic	19	20 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
21	22 4:30-6:00 Basics	23 4:30 - 6:00 Level 2 Advanced	24 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	25 4:30 - 6:00 Preliminary Course Dynamic	26	27 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
28	29 4:30-6:00 Basics	30 4:30 - 6:00 Level 2 Advanced	1 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace July	2 4:30 - 6:00 Preliminary Course Dynamic	3	4 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace