

Souful Yoga

JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1  IIT - 5:30  Flow - 9:00	2  Barre - 4:30 Restore - 5:30 Flow - 7:00 	3  IIT - 4:30  Flow - 9:00	4 	5  Double Tree Lawn - 9:00
6	7  Double Tree Beach - 7:30am	8  Flow - 9:00	9  Barre - 4:30 Restore - 5:30 Flow - 7:00 	10  Flow - 9:00	11	12
13	14	15  Flow - 9:00	16  Barre - 4:30 Restore - 5:30	17  45 min - 4:30 45 min - 5:45  Flow - 9:00	18	19  Rooftop Yoga 10am
20  60 min - 10:00	21  45 min - 8:45 60 min - 5:45	22  Flow - 9:00	23  Barre - 4:30 Restore - 5:30	24  45 min - 4:30 45 min - 5:45  Flow - 9:00	25	26 Poses w/ the Ponies -9am Restival Roots
27  60 min - 10:00	28  Double Tree Beach - 7:30am 60 min - 5:45 	29  Flow - 9:00	30  Barre - 4:30 Restore - 5:30	31  45 min - 4:30 45 min - 5:45  Flow - 9:00		 SOULFUL YOGA



Barre3 Myrtle Beach



Powerhouse Pilates in Common



Ocean Lakes Family Campground