



JULY SCHEDULE



MON	TUES	WED	THURS	FRI	SAT
8:00 AM WARM VIN-YIN (ERIN)	8:00 AM YOGA SCULPT (MIRANDA)	8:00 AM HOT VINYASA (DAVID)	8:00 AM WARM VIN-YIN (ERIN)	8:00 AM T&J HOT POWER (MIRANDA)	8:30 AM HOT VINYASA EXPRESS (DAVID)
9:30 AM T&J HOT POWER (ERIN)	9:30 AM VINYASA LEVEL 2 (MIRANDA)	9:30 AM YOGALATES (DAVID)	9:30 AM VINYASA LEVEL 1 (ERIN)	9:30 AM VINYASA LEVEL 2 (SARI)	9:30 AM YIN & MEDITATION (DAVID)
11:00 AM SLOW STRETCH (ERIN)	11:00 AM CHAIR (MIRANDA)	11:00 AM WARM YIN (DAVID)	11:00 AM SLOW STRETCH (ERIN)	11:00 AM CHAIR (MIRANDA)	11:00 AM YOGA SCULPT (SARI)
			4:30 PM YOGA BALL (MIRANDA)		SUN
6:00 PM VINYASA LEVEL 1 (SARI)	6:00 PM SLOW STRETCH (SARI)	6:00 PM HOT VINYASA (ISABEL)	6:00 PM T&J EXPRESS HOT POWER (MIRANDA)		10:00 AM T&J HOT POWER (ISABEL)
7:15 PM BARRE (SARI)	7:15 PM MEDITATION (SARI)	7:15 PM RESTORE (ISABEL)	7:00 PM WARM YIN (MIRANDA)		11:30 AM WARM YIN (ISABEL)

"FEEL THE FLOW"