



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AUG 25

AUG 26

AUG 27

AUG 28

AUG 29

AUG 30

AUG 31

9am  
Kids Yoga at  
Henry St Park  
(by donation)

4pm  
Goat Yoga @  
Furball's Choice  
(pre-registered)

5pm  
Vinyasa Flow

6:15pm  
Slow Flow

6:30pm  
Power Flow

7:30pm  
Broga, Yoga for  
Men

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