



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AUG 4

AUG 5

AUG 6

AUG 7

AUG 8

AUG 9

AUG 10

8:30am
Power Flow

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

9am
Vinyasa Flow

9:45am
Vinyasa Flow

10am
Slow Flow

long
weekend
love.

6pm
Restorative/Yin
Fusion

6pm
Yang & Yin

6pm
Slow Flow

6:30pm
Power Flow

7:30pm
Vinyasa Flow

7:30pm
Slow Flow

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