



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

JULY 14 JULY 15 JULY 16 JULY 17 JULY 18 JULY 19 JULY 20

8:30am
Power Flow

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

9am
Vinyasa Flow

9:45am
Vinyasa Flow

10am
Slow Flow

5pm
Vinyasa Flow

6pm
Restorative/Yin
Fusion

6pm
Yang & Yin

6pm
Slow Flow

6:15pm
Slow Flow

6:30pm
Power Flow

7:30pm
Broga, Yoga for
Men

7:30pm
Vinyasa Flow

7:30pm
Slow Flow

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY