



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JULY 21

JULY 22

JULY 23

JULY 24

JULY 25

JULY 26

JULY 27

8:30am
Power Flow

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

9am
Vinyasa Flow

9:45am
Vinyasa Flow

10am
Slow Flow

10am-12pm
Creekside Yoga
at a Stirling
Little Sprouts

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

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