

JULY 28

JULY 29

JULY 30

JULY 31

AUG 1

AUG 2

AUG 3

8:30am
Vinyasa Flow

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

9am
Vinyasa Flow



10am
Slow Flow

10am-4pm in
Picton

Cabbage Yoga

Kids Yoga

Partner Yoga

Kombucha Yoga

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