



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

JULY 7 JULY 8 JULY 9 JULY 10 JULY 11 JULY 12 JULY 13

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

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