

July Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1 Candle Lit Yin 7 pm (Kelly)	2 Kundalini Active Meditation 5:45 pm (Kayla) All Levels Vinyasa 7pm (Andrea)	3 \$5 Fluid Motion 7:15 pm (Jason)	4 <i>No Classes - Holiday Weekend</i>	5 <i>No Classes - Holiday Weekend</i>	6 <i>No Classes - Holiday Weekend</i>
7 <i>No Classes - Holiday Weekend</i>	8 Candle Lit Yin 7 pm (Kelly)	9 Kundalini Active Meditation 5:45 pm (Kayla) All Levels Vinyasa 7pm (Andrea)	10 \$5 Fluid Motion 7:15 pm (Jason)	11 Yin Yoga 8 pm (Kelly)	12 Basic Stretch 12 pm (Krista)	13
14 Gentle Yoga 3:15 pm (Kathy) All Levels Vinyasa 4:30 pm (Kathy) POUND 7:45pm (Marni/Annette)	15 Candle Lit Yin 7 pm (Kelly)	16 Kundalini Active Meditation 5:45 pm (Kayla) All Levels Vinyasa 7pm (Karla)	17 \$5 Fluid Motion 7:15 pm (Jason)	18 Yin Yoga 8 pm (Kelly)	19 Basic Stretch 12 pm (Krista)	20
21 Gentle Yoga 3:15 pm (Kathy) All Levels Vinyasa 4:30 pm (Kathy) POUND 7:45pm (Marni/Annette)	22 Candle Lit Yin 7 pm (Kelly)	23 Kundalini Active Meditation 5:45 pm (Kayla) All Levels Vinyasa 7pm (Karla)	24 \$5 Fluid Motion 7:15 pm (Jason)	25 Yin Yoga 8 pm (Kelly)	26 Basic Stretch 12 pm (Krista)	27
28 Gentle Yoga 3:15 pm (Sami) All Levels Vinyasa 4:30 pm (Sami) \$5 Weekend Wind-down 6:15 pm (Sami) POUND 7:45pm (Marni/Annette)	29 Candle Lit Yin 7 pm (Kelly)	30 Kundalini Active Meditation 5:45 pm (Kayla) Reiki & Restorative 7pm (Karla)	31 \$5 Fluid Motion 7:15 pm (Jason)			

August Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1 Yin Yoga 8pm (Kelly)	2 Basic Stretch 12 pm (Krista)	3
4 Gentle Yoga 3:15 pm (Jen) All Levels Vinyasa 4:30 pm (Jen) POUND 7:45pm (Marni/Annette)	5 Candle Lit Yin 7 pm (Kelly)	6 Kundalini Active Meditation 5:45 pm (Kayla) All Levels Vinyasa 7pm (Andrea)	7 \$5 Fluid Motion 7:15 pm (Jason)	8 Yin Yoga 8pm (Kelly)	9 Basic Stretch 12 pm (Krista)	10
11 Gentle Yoga 3:15 pm All Levels Vinyasa 4:30 pm POUND 7:45pm (Marni/Annette)	12 Candle Lit Yin 7 pm (Kelly)	13 Kundalini Active Meditation 5:45 pm (Kayla) All Levels Vinyasa 7pm (Andrea)	14 \$5 Fluid Motion 7:15 pm (Jason)	15 Yin Yoga 8pm (Kelly)	16 Basic Stretch 12 pm (Krista)	17
18 Gentle Yoga 3:15 pm All Levels Vinyasa 4:30 pm POUND 7:45pm (Marni/Annette)	19 Candle Lit Yin 7 pm (Kelly)	20 Kundalini Active Meditation 5:45 pm (Kayla) All Levels Vinyasa 7pm (Karla)	21 \$5 Fluid Motion 7:15 pm (Jason)	22 Yin Yoga 8pm (Kelly)	23 Basic Stretch 12 pm (Krista)	24
25 Gentle Yoga 3:15 pm (Sami) All Levels Vinyasa 4:30 pm (Sami) \$5 Weekend Wind-down 6:15 pm (Sami) POUND 7:45pm (Marni/Annette)	26 Candle Lit Yin 7 pm (Kelly)	27 Kundalini Active Meditation 5:45 pm (Kayla) Reiki & Restorative 7pm (Karla)	28 \$5 Fluid Motion 7:15 pm (Jason)	29 Yin Yoga 8pm (Kelly)	30 <i>No Classes - Holiday Weekend</i>	31 <i>No Classes - Holiday Weekend</i>