

August 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



-KEY- ● =NON-HEATED
BLANK SPOT=NO CLASS

				1	2
				● SLOW FLOW 8AM	FLOW 9AM
FLOW 9AM SCULPT 5:30PM	5 EASE & ESSENCE A HOLISTIC EXPERIENCE 5:30PM	6	7 ● YIN 5:30PM	8 ● SLOW FLOW 8AM	9 FORREST 9AM
11 FLOW 9AM	12 EASE & ESSENCE A HOLISTIC EXPERIENCE 5:30PM	13	14 ● YIN 5:30PM	15 ● SLOW FLOW 8AM	16 FLOW 9AM
18 FLOW 9AM SCULPT 5:30PM	19 EASE & ESSENCE A HOLISTIC EXPERIENCE 5:30PM	20	21	22 ● SLOW FLOW 8AM	23 FORREST 9AM
25 FLOW 9AM SCULPT 5:30PM	26 EASE & ESSENCE A HOLISTIC EXPERIENCE 5:30PM	27	28	29 ● SLOW FLOW 8AM	30 FORREST 9AM

Register online for updated schedule and cancellation notifications

