
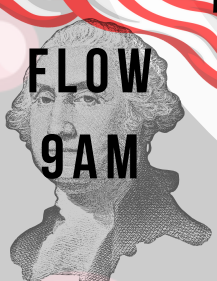


February 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>● KEY = NON-HEATED</p>					1 FORREST FLOW 9AM
3 FLOW 9AM	4 INTERMEDIATE FLOW 5:30PM	5	6 ● YIN 4:30PM	7 ● SLOW FLOW 8AM	8 FLOW 9AM
10 FLOW 9AM	11 INTERMEDIATE FLOW 5:30PM	12	13 ● YIN/ RESTORATIVE 4:30PM	14 ● SLOW FLOW 8AM 	15 FLOW 9AM
17 FLOW 9AM 	18 INTERMEDIATE FLOW 5:30PM	19	20 ● YIN/ RESTORATIVE 4:30PM	21 ● SLOW FLOW 8AM	22 FORREST FLOW 9AM
24 FLOW 9AM	25 INTERMEDIATE FLOW 5:30PM	26	27 ● YIN 4:30PM	28 ● SLOW FLOW 8AM	

Register online for updated schedule and cancellation notifications