

JULY 2026

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1	2	3	4
-KEY- ● = HEATED ● = WARM BLANK SPOT = NO CLASS	FLOW 9AM	CHAT 10AM <hr/> YIN 5:30PM	INNER 26 ● 9AM 90MIN	FLOW 9AM ● 9AM
FLOW 9AM <hr/> SCULPT 5:30PM	6 7 EASE & ESSENCE : EMBODIED FLOW 5:30PM	8 FLOW 9AM	9 CHAT 10AM <hr/> YIN 5:30PM	10 11 FLOW 9AM ● 9AM
13 FLOW 9AM ● 9AM	14	15 FLOW 9AM	16 CHAT 10AM	19 20 FLOW 9AM ● 9AM
20 FLOW 9AM ● 9AM <hr/> SCULPT 5:30PM	21 EASE & ESSENCE : EMBODIED FLOW 5:30PM	22 FLOW 9AM	23 CHAT 10AM <hr/> YIN 5:30PM	24 25 FLOW 9AM ● 9AM
27 FLOW 9AM ● 9AM	28 EASE & ESSENCE : EMBODIED FLOW 5:30PM	29 FLOW 9AM	30 CHAT 10AM	31 INNER 26 ● 9AM 90MIN

Register online for updated schedule & cancellation notifications. Late cancel \$15 fee