# JUNE 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| 1<br>FLOW<br>● 9AM<br>SCULPT<br>5:30PM | 2<br>EASE & ESSENCE<br>:EMBODIED FLOW<br>5:30PM | 3<br>FORREST<br>● 5:30PM | 4<br>CHAT<br>10AM<br>YIN<br>5:30PM | 5<br>26/2<br>● 9AM | 6<br>FLOW<br>● 9AM |
| 8<br>FLOW<br>● 9AM<br>SCULPT<br>5:30PM | 9<br>EASE & ESSENCE<br>:EMBODIED FLOW<br>5:30PM | 10<br>FORREST<br>● 5:30PM | 11<br>CHAT<br>10AM<br>YIN<br>5:30PM | 12<br>26/2<br>● 9AM | 13<br>FLOW<br>● 9AM |
| 15<br>FLOW<br>● 9AM<br>SCULPT<br>5:30PM | 16<br>EASE & ESSENCE<br>:EMBODIED FLOW<br>5:30PM | 17<br>FORREST<br>● 5:30PM | 18<br>CHAT<br>10AM<br>YIN<br>5:30PM | 19<br>26/2<br>● 9AM | 20<br>FORREST<br>● 9AM |
| 22<br>FLOW<br>● 9AM<br>SCULPT<br>5:30PM | 23<br>EASE & ESSENCE<br>:EMBODIED FLOW<br>5:30PM | 24<br>FORREST<br>● 5:30PM | 25<br>CHAT<br>10AM | 26<br>26/2<br>● 9AM | 27<br>FORREST<br>● 9AM |
| 29<br>FLOW<br>● 9AM<br>SCULPT<br>5:30PM | 30<br>EASE & ESSENCE<br>:EMBODIED FLOW<br>5:30PM | | | -KEY-<br>● =HEATED<br>● =WARM<br>BLANK SPOT=NO CLASS | |

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