











July 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	<p>1</p> <p>EASE & ESSENCE A HOLISTIC EXPERIENCE</p> <p> 5:30PM</p>	<p>2</p>	<p>3</p> <p>● YIN 4:30PM</p>	<p>4</p> <p>● SLOW FLOW 8AM</p>	<p>FORREST 5 9AM</p> <p> GROW & GLOW KIDS 12PM</p>
<p>FLOW 7 9AM</p> <hr/> <p>SCULPT 5:30PM</p>	<p>8</p> <p>EASE & ESSENCE A HOLISTIC EXPERIENCE</p> <p> 5:30PM</p>	<p>9</p>	<p>10</p> <p>● YIN 4:30PM</p>	<p>11</p> <p>● SLOW FLOW 8AM</p>	<p>12</p> <p>FLOW 9AM</p>
<p>FLOW 14 9AM</p> <hr/> <p>SCULPT 5:30PM</p>	<p>15</p> <p>EASE & ESSENCE A HOLISTIC EXPERIENCE</p> <p> 5:30PM</p>	<p>16</p>	<p>17</p> <p>● YIN 4:30PM</p>	<p>18</p> <p>● SLOW FLOW 8AM</p>	<p>FLOW 19 9AM</p> <p> GROW & GLOW KIDS 12PM</p>
<p>FLOW 21 9AM</p>	<p>22</p> <p>EASE & ESSENCE A HOLISTIC EXPERIENCE</p> <p> 5:30PM</p>	<p>23</p>	<p>24</p> <p>● YIN 4:30PM</p>	<p>25</p> <p>● SLOW FLOW 8AM</p>	<p>26</p> <p>FORREST 9AM</p>
<p>FLOW 28 9AM</p> <hr/> <p>SCULPT 5:30PM</p>	<p>29</p> <p>EASE & ESSENCE A HOLISTIC EXPERIENCE</p> <p> 5:30PM</p>	<p>30</p>	<p>31</p> <p>● YIN SOUND BATH 4:30PM</p>	<p>- KEY - ● = NON-HEATED  = FREE CLASS  = FREE KIDS CLASS BLANK SPOT = NO CLASS</p>	

Register online for updated schedule and cancellation notifications