

June 2025

MONDAY








TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2 FLOW 9AM	3	4	5 ● YIN 4:30PM	6 ● SLOW FLOW 8AM	7 FLOW 9AM
9 FLOW 9AM	10	11	12 ● YIN 4:30PM	13 ● SLOW FLOW 8AM	14 FORREST FLOW 9AM
16 FLOW 9AM	17	18	19 ● YIN 4:30PM	20 ● SLOW FLOW 8AM	21 FLOW 9AM
23 FLOW 9AM	24	25	26 ● YIN 4:30PM	27 ● SLOW FLOW 8AM	28 FORREST FLOW 9AM
30 FLOW 9AM		 	  - KEY - BLANK SPOT=NO CLASS	 ● = NON-HEATED	

Register online for updated schedule and cancellation notifications