



# Weekly Schedule

WEEK OF JULY 6 – JULY 11

Monday  
July 6  
CLOSED

Tuesday  
July 7  
ANANDA FLOW  
11AM  
SOFTEN & STRETCH  
7:30PM

Wednesday  
July 8  
ANANDA FLOW  
9AM  
SOFTEN & STRETCH 11AM  
FLOW & RELEASE  
6:30PM

Thursday  
July 9  
SOFTEN & STRETCH 11AM  
ANANDA FLOW 5:30PM

Friday  
July 10  
\*\$5 FRIDAY\*  
ANANDA FLOW  
9AM  
SOFTEN & STRETCH 11AM

Saturday  
July 11  
FLOW & RELEASE  
9AM  
YOGA TOGETHER–  
Campfire Calm Theme  
11AM