

Journey To Be
July 2021 Indoor Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|--------------------------|--------------------|------------------|------------------------------------|---------------|
| 9:00 – 10:00am | | Yoga | | Gentle Yoga | |
| 5:00 – 6:00pm | | | | | |
| 6:15 – 7:15pm | Strength | Gentle Yoga | Strength | Yin Yoga | |
| 7:30 – 8:30pm | Yang/Yin Yoga | | Yoga | Yin Nidra (7:30 – 9:00) | |