



Eight Limbs Yoga – August Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
MONTHLY MEMBERSHIP UNLIMITED YOGA \$87.50 STUDENTS/SENIORS \$79.50						8-9 am Vinyasa 9:30-10:30 Vin-Yin
2	3	4	5	6	7	8
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin Level 1	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5-5:45 pm Back to It 6:15-7:45 pm Ashtanga	7-8 am YinYang 12-12:50 pm Fun Flow 5-5:45 pm Back to It 6:30-7:30 pm Happy Hips	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-6:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin
9	10	11	12	13	14	15
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Beginner Yoga	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin Level 1	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5-5:45 pm Back to It 6:15-7:45 pm Ashtanga	7-8 am YinYang 12-12:50 pm Fun Flow 5-5:45 pm Back to It 6:30-7:30 pm Happy Hips	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-6:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin
16	17	18	19	20	21	22
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Beginner Yoga	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin Level 1	7-8 am Rise & Shine 10-11 am Gentle Hatha 12-12:50 Pilates 5-5:45 pm Back to It 6:15-7:45 pm Ashtanga	7-8 am YinYang 12-12:50 pm Fun Flow 5-5:45 pm Back to It 6:30-7:30 pm Happy Hips	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-6:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin
23/30	24/31	25	26	27	28	29
8-9 am Ashtanga Half Primary 9:30-10:30 am Happy Hips 7:30-8:30 pm Sunday Surrender	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30 -6:30 pm Vinyasa 7-8 pm Beginner Yoga	7-8 am Power Yoga 12-12:50 pm Love Your Hips & Hamstrings 5-5:45 pm Yoga Build 6:30-7:30 pm Yin Level 1	7-8 am Rise & Shine 10-11 am Gentle Hatha with Joy 12-12:50 Pilates 5-5:45 pm Back to It 6:15-7:45 pm Ashtanga	7-8 am YinYang 12-12:50 pm Fun Flow 5-5:45 pm Back to It 6:30-7:30 pm Happy Hips	7-8 am Rise & Shine 10-11 am Gentle Hatha 5:30-6:30 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Vin-Yin