

## August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Outdoor Classes: ALL Functional Fitness Saturday Flow Yoga, 9:30 - 10:45am					8:00-9:00am <b>Functional Fitness</b> 9:30-10:45am <b>Flow Yoga</b>
3	4	5	6	7	8
9:00-10:15am <b>Very Gentle Flow Yoga</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>	Studio Closed	Studio Closed	Studio Closed	9:30-10:45am <b>Flow Yoga</b>
10	11	12	13	14	15
9:00-10:15am <b>Very Gentle Flow Yoga</b>	9:00-10:15am <b>Flow Yoga</b>	1:00 - 2:00pm <b>Chair Yoga</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b> 4:00-5:00pm <b>Functional Fitness</b>	9:00-10:00am <b>Functional Fitness for Seniors</b>	8:00-9:00am <b>Functional Fitness</b> 9:30-10:45am <b>Flow Yoga</b>
17	18	19	20	21	22
9:00-10:15am <b>Very Gentle Flow Yoga</b> 4:00-5:00pm <b>Functional Fitness</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>	1:00 - 2:00pm <b>Chair Yoga</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b> 4:00-5:00pm <b>Functional Fitness</b>	9:00-10:00am <b>Functional Fitness for Seniors</b>	8:00-9:00am <b>Functional Fitness</b> 9:30-10:45am <b>Flow Yoga</b>
24	25	26	27	28	29
9:00-10:15am <b>Very Gentle Flow Yoga</b> 4:00-5:00pm <b>Functional Fitness</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>	1:00 - 2:00pm <b>Chair Yoga</b> 6:00 - 7:15pm <b>Restorative Yoga</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b> 4:00-5:00pm <b>Functional Fitness</b>	9:00-10:00am <b>Functional Fitness for Seniors</b>	8:00-9:00am <b>Functional Fitness</b> 9:30-10:45am <b>Flow Yoga</b>
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9:00-10:15am <b>Very Gentle Flow Yoga</b> 4:00-5:00pm <b>Functional Fitness</b>					