

July 2019



Established 2005.
Under Current Ownership since 2013.

CLOSED

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|---|
| <p>1</p> <p>9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Yoga II Flow *-Nicole</p> | <p>2</p> <p>9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga *-Nicole</p> | <p>3</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy NO EVENING CLASSES</p> | <p>4</p> | <p>5</p> <p>CLOSED</p> | <p>6</p> <p>CLOSED</p> |
| <p>8</p> <p>9:30 am Yoga I-Sandy (& Kids Club Yoga) 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Sandy (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Yoga II Flow *-Nicole</p> | <p>9</p> <p>9:30 am Beginner's Yoga-Nicole (10:45am Kids Yoga Class (ages 3-9)-Nicole) (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga *-Nicole</p> | <p>10</p> <p>9:30 am Slow Flow Yoga*-Yuki (& Preteen/Teen Club Yoga) 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Vickie 5:30 pm Yoga Teacher Training-Nicole 6:45 pm Pilates- Vickie</p> | <p>11</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Gabby 5:30 pm Slow Flow Yoga I/II*-Nicole</p> | <p>12</p> <p>9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p> | <p>13</p> <p>9:30 am All Levels Yoga - Liz (10:00am Stretch & Sip at CCBC-Nicole) (1:00 pm Explore the Chakras Series**-Nicole)</p> |
| <p>14</p> <p>9:30 am Vinyasa Yoga-Yuki 4:00 pm Chakra Yoga-Alanna</p> | <p>15</p> <p>9:30 am Yoga I-Sandy (& Kids Club Yoga) 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Colleen (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Yoga II Flow *-Nicole</p> | <p>16</p> <p>9:30 am Beginner's Yoga-Nicole (10:45am Kids Yoga Class (ages 3-9)-Nicole) (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Lunar Flow Yoga with Yin*-Nicole</p> | <p>17</p> <p>9:30 am Slow Flow Yoga*-Yuki (& Preteen/Teen Club Yoga) 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Gabby 5:30pm Yoga I-Vickie 6:45 pm Pilates -Vickie</p> | <p>18</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p> | <p>19</p> <p>9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p> |
| <p>21</p> <p>9:30 am Vinyasa Yoga-Yuki 4:00 pm Mindful Flow Yoga-Alanna</p> | <p>22</p> <p>9:30 am Yoga I-Sandy (& Kids Club Yoga) 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Yoga II Flow *-Nicole</p> | <p>23</p> <p>9:30 am Beginner's Yoga-Nicole (10:45am Kids Yoga Class (ages 3-9)-Nicole) (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 5:30 pm Just Breathe & Read Book Club 6:45 pm Yin Yoga *-Nicole</p> | <p>24</p> <p>9:30 am Slow Flow Yoga*-Yuki (& Preteen/Teen Club Yoga) 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Sandy 5:30pm Yoga I-Vickie 6:45 pm Pilates -Vickie</p> | <p>25</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p> | <p>26</p> <p>9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p> |
| <p>28</p> <p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Mary</p> | <p>29</p> <p>9:30 am Yoga I-Mary 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Sandy (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Slow Flow II/III *-Nicole</p> | <p>30</p> <p>9:30 am Beginner's Yoga-Nicole (10:45am Kids Yoga Class (ages 3-9)-Nicole) (4:15 PM Take a Seat Chair Yoga-Nicole) 5:45 pm Restorative Yoga for the New Moon-Nicole</p> | <p>31</p> <p>9:30 am Slow Flow Yoga*-Yuki (& Preteen/Teen Club Yoga) 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Vickie 5:30 pm Yoga Teacher Training-Nicole 6:45 pm Pilates- Vickie</p> | <p>1</p> | <p>2</p> |

*75-90 min class
**2 hour class
***2 1/2 hour class

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