

JULY 2018

Celebrating 5 years Under Current Ownership!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
1	PLEASE CHECK JBYS WEBSITE & FACEBOOK PAGES			THIS WEEK FOR SPECIAL "POP-UP" YOGA CLASSES AT STUDIO & OTHER LOCATIONS				
2	CLOSED	CLOSED		CLOSED	CLOSED	CLOSED		
8	9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna	9:30 am Yoga I-Gabby 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga I/II*-Nicole	9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flow & Let Go***-Nicole	11 (6:30 am Sunrise Yoga- Colleen) 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole (5:00 pm Yoga on the Lawn at RACC-Gabby) 5:30pm Yoga I-Liz 5:30-8 pm Yoga Teacher Training-Nicole	9:30 am Beginner's Yoga-Nicole (10:45 am Prenatal Yoga Series-Nicole) 4:00 pm Gentle Yoga-Ceil (5:30 pm Restorative Yoga for the New Moon**-Nicole)	9:30 am Yoga I/II- Gabby	14 9:00 am All Levels Yoga - Liz 10:15 am Yin/Yang Yoga *-Nicole	
15	9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Alanna	9:30 am Yoga I-Gabby 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga I/II*-Nicole	17 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) (5:30 pm Mudras, Mantras & Malas**-Nicole)	18 (6:30 am Sunrise Yoga-Gabby) 9:30 am Slow Flow Yoga*-Nicole (5:00 pm Yoga on the Lawn at RACC-Colleen) 5:30pm Yoga I-Liz	19 9:30 am Beginner's Yoga-Nicole (10:45 am Prenatal Yoga Series-Nicole) 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga I/II*-Nicole	20 9:30 am Yoga I/II- Gabby	21 9:00 am All Levels Yoga -Gabby (10:00 am Stretch & Sip @Copper City Brewing-Nicole)	
22	9:30 am Yin/Yang Yoga* -Nicole 4:00 pm All Levels Yoga-Alanna	23 9:30 am Yoga I-Vickie 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga I/II*-Nicole	24 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Core Yoga-Vickie 6:45 pm Yin Yoga*-Nicole	25 (6:30 am Sunrise Yoga-Colleen) 9:30 am Slow Flow Yoga*-Nicole 4:00 pm Yin/Yang Yoga* -Nicole (5:00 pm Yoga on the Lawn at RACC-Alanna) 5:30pm Yoga I- Gabby 5:30-8 pm Yoga Teacher Training-Nicole	26 9:30 am Beginner's Yoga-Nicole (10:45 am Prenatal Yoga Series-Nicole) 4:00 pm Gentle Yoga-Ceil 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates	27 9:30 am Yoga I/II-Vickie	28 9:00 am All Levels Yoga -Liz 9:30 am-3:30 pm Yoga Teacher Training-Nicole 10:15 am Yin/Yang Yoga *-Nicole	
29	9:30 am Vinyasa Yoga-Liz 4:00 pm All Levels Yoga-Mary	30 9:30 am Yoga I-Mary 4:15pm Mindful Yoga & Meditation-Colleen 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga I/II*-Nicole	31 9:30 am Beginner's Yoga-Mary 10:45am Yin Yoga *-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Core Yoga-Vickie 6:45 pm Yin Yoga*-Nicole	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Like Us on Facebook: justbreatheyogastudiore.com </div>			<div style="border: 1px solid black; padding: 10px; display: inline-block;"> DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION. ----- (SPECIAL SESSIONS, EVENTS & WORKSHOPS) <u>PRE-REGISTRATION REQUIRED.</u> </div>	
				*75-90 min class **2 hour class ***2 1/2 hour class				

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