



Established 2005.
Under Current Ownership Since

August 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

28

Like Us on Facebook:
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30

31

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

1

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

2

9:30 am Yoga I/II-Vickie
(11:00am Mommy & Baby Yoga-Nicole)
(12:30pm Tiny Tots Yoga-Nicole)

3

9:30 am All Levels Yoga -Liz
9:30 am FREE Yoga at Copperccino's on the sidewalk

4
9:30 am Vinyasa Yoga-Liz
4:00 pm Mindful Flow Yoga-Gabby

5
9:30 am Yoga I-Sandy
4:00 pm Mellow Flow Yoga* -Nicole
5:30 pm Beginner's Yoga-Gabby
6:45 pm Yoga II Flow *-Nicole

6
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

7
9:30 am Slow Flow Yoga*-Yuki
12:10 pm Midday Yoga-Sandy
4:00 pm Yin/Yang Yoga* - Gabby
5:30pm Yoga I-Vickie
6:45 pm Pilates -Vickie

8
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

9
9:30 am Yoga I/II-Vickie
(11:00am Mommy & Baby Yoga-Nicole)
(12:30pm Tiny Tots Yoga-Nicole)

10
9:30 am All Levels Yoga - Yuki
9:30am-5pm Yoga Teacher Training-Nicole
10:45 am Slow Flow Yoga I/II*-Nicole

11
9:30 am Vinyasa Yoga-Liz
4:00 pm Mindful Flow Yoga-Gabby

12
9:30 am Yoga I-Sandy
4:00 pm Mellow Flow Yoga* -Nicole
5:30 pm Beginner's Yoga-Gabby
6:45 pm Yoga II Flow *-Nicole

13
9:30 am Beginner's Yoga-Nicole
(4:15 PM Take a Seat Chair Yoga-Nicole)
5:30 pm Flex & Flow Yoga- Gabby
6:45 pm Yin Yoga *-Nicole

14
9:30 am Slow Flow Yoga*-Yuki
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

15
9:30 am Beginner's Yoga-Nicole
10:45am Yin Yoga *-Nicole
4:15 pm Gentle Yoga-Ceil
5:30 pm Lunar Flow Yoga*-Nicole

16
9:30 am Yoga I/II-Vickie
(11:00am Mommy & Baby Yoga-Nicole)
(12:30pm Tiny Tots Yoga-Nicole)

17
9:30 am All Levels Yoga - Yuki
10:45 am Slow Flow Yoga I/II*-Nicole
(1:00 pm Explore the Chakras Series)-Nicole)**

18
9:30 am Vinyasa Yoga-Yuki
4:00 pm Mindful Flow Yoga-Alanna

19
9:30 am Yoga I-Sandy
4:00 pm Mellow Flow Yoga* -Nicole
5:30 pm Beginner's Yoga-Gabby
6:45 pm Yoga II Flow *-Nicole

20
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

21
9:30 am Slow Flow Yoga*-Yuki
12:10 pm Midday Yoga-Sandy
4:00 pm Yin/Yang Yoga* - Gabby
5:30pm Yoga I-Vickie
6:45 pm Pilates -Vickie

22
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

23
9:30 am Yoga I/II-Vickie
(11:00am Mommy & Baby Yoga-Nicole)
(12:30pm Tiny Tots Yoga-Nicole)
5:30 pm Organic Flow Yoga**-Nicole

24
9:30 am All Levels Yoga -Sandy
9:30 am FREE Yoga at Copperccino's on the sidewalk
9:30am-5pm Yoga Teacher Training-Nicole

25
9:30 am Vinyasa Yoga-Liz
4:00 pm Mindful Flow Yoga-Alanna

26
9:30 am Yoga I-Sandy
4:00 pm Mellow Flow Yoga* -Nicole
5:30 pm Beginner's Yoga-Gabby
6:45 pm Slow Flow Yoga I/III *-Nicole

27
9:30 am Beginner's Yoga-Nicole
(4:15 PM Take a Seat Chair Yoga-Nicole)
5:30 pm Flex & Flow Yoga- Gabby
6:45 pm Yin Yoga *-Nicole

28
9:30 am Slow Flow Yoga*-Yuki
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

29
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

30
CLOSED

31
CLOSED

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**Offer ends August 31, 2019 **Offer ends August 29th, 2019*

Some restrictions may apply.

