

July Schedule 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 6a & 7a- AM Yoga	7 2-3 pm- Group Meditation
8 10a-12p- Open Studio 3:30-4:30pm- Come as you are	9 6a & 7a- AM Yoga 5:30-6:30p- Beginner's Yoga Series	10 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	11 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	12 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	13 6a & 7a- AM Yoga	14 9-10:30a- Yin w/ Trivia
15 10a-12p- Open Studio 3:30-4:30pm- Come as you are	16 6a & 7a- AM Yoga 5:30-6:30p- Beginner's Yoga Series	17 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	18 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	19 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	20 6a & 7a- AM Yoga	21 2-3 pm- Group Meditation
22 10a-12p- Open Studio 3:30-4:30pm- Come as you are	23 6a & 7a- AM Yoga 5:30-6:30p- Beginner's Yoga Series	24 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	25 6a & 7a- AM Yoga 6-7:15p- Intermediate 7:30-8:30p- YOGA Talks	26 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha	27 6a & 7a- AM Yoga	28 9-10:30a- Yin w/ Trivia
29 10a-12p- Open Studio	30 6a & 7a- AM Yoga 5:30-6:30p- Beginner's Yoga Series	31 6a & 7a- AM Yoga 7-8:15p- All Levels Hatha				