

June Schedule 2018

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