

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:45p – 6:45p Yoga Basics	3 9a – 10a Classical Yoga 5:30p – 6:30p Gentle Yoga	4 Happy 4 <sup>th</sup> of July! Office Closed 9a – 10a Classical Yoga	5 Office Closed	6	7
8	9 5:45p – 6:45p Yoga Basics 7p – 8p Restorative Yoga	10 9a – 10a Classical Yoga 5:30p – 6:30p Gentle Yoga	11 9a – 10a Classical Yoga	12 11a – 12p Gentle Yoga with Diane 5:30p – 6:30p Level II Yoga with Tori	13	14
15	16 5:45p – 6:45p Yoga Basics 7p – 8p Restorative Yoga	17 9a – 10a Classical Yoga 5:30p – 6:30p Gentle Yoga	18 9a – 10a Classical Yoga 7p – 7:45p Yoga Nidra with Tiffany	19 11a – 12p Gentle Yoga with Diane 5:30p – 6:30p Level II Yoga with Tori	20	21
22	23 5:45p – 6:45p Yoga Basics 7p-8p Myofascial Release	24 9a – 10a Classical Yoga 5:30p – 6:30p Gentle Yoga	25 9a – 10a Classical Yoga 7p – 7:45p Yoga Nidra with Tiffany	26 11a – 12p Gentle Yoga with Diane 5:30p – 6:30p Level II Yoga with Tori	27	28
29	30 5:45p – 6:45p Yoga Basics 7p-8p Restorative Yoga	31 9a – 10a Classical Yoga 5:30p – 6:30p Gentle Yoga				

