

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>VIRTUAL &amp; IN-STUDIO</p> <p>VIRTUAL ONLY</p> <p>IN-STUDIO ONLY</p> <p>SPECIALS/WORKSHOPS</p>		<p>1</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL YOGA</p> <p>10:00 AM REFORMER</p> <p>6:00 PM MELT METHOD</p> <p>6:00 PM VIRTUAL PILATES</p> <p>7:15 PM HATHA YOGA</p>	<p>2</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>6:00 PM REFORMER</p> <p>7:15 PM BEG YOGA</p>	<p>3</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL YOGA</p> <p>10:00 AM REFORMER</p> <p>7:00 PM KUNDALINI YOGA</p>	<p>4</p> <p>7:30 AM YOGA</p> <p>9:00 AM REFORMER</p> <p>9:00 AM CANCELED</p> <p>10:00 AM CANCELED</p> <p>HAPPY 4<sup>TH</sup> OF JULY!</p>	<p>9:00 AM HATHA</p> <p>10:30 AM – 11:30 AM MEDITATION</p> <p>4:00 PM GENTLE YOGA/MEDITATION</p>
<p>6</p> <p>9:00 AM REFORMER</p> <p>10:00 AM REFORMER</p> <p>6:00 PM RESTOR YOGA</p> <p>6:00 PM VIRTUAL PILATES</p> <p>7:15 PM HATHA YOGA</p>	<p>7</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>6:00 PM REFORMER</p> <p>7:15 PM BEG YOGA</p>	<p>8</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL YOGA</p> <p>10:00 AM REFORMER</p> <p>6:00 PM MELT METHOD</p> <p>6:00 PM VIRTUAL PILATES</p> <p>7:15 PM HATHA YOGA</p>	<p>9</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>6:00 PM REFORMER</p> <p>7:15 PM BEG YOGA</p>	<p>10</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL YOGA</p> <p>10:00 AM REFORMER</p> <p>7:00 PM KUNDALINI YOGA</p>	<p>11</p> <p>7:30 AM YOGA</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL PILATES</p> <p>10:00 AM REFORMER</p>	<p>9:00 AM HATHA</p> <p>10:00 AM – 11:30 AM FREE INTRODUCTION TO YOGA NIDRA</p> <p>4:00 PM GENTLE YOGA/MEDITATION</p>
<p>13</p> <p>9:00 AM REFORMER</p> <p>10:00 AM REFORMER</p> <p>6:00 PM RESTOR YOGA</p> <p>6:00 PM VIRTUAL PILATES</p> <p>7:15 PM HATHA YOGA</p>	<p>14</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>6:00 PM REFORMER</p> <p>7:15 PM BEG YOGA</p>	<p>15</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL YOGA</p> <p>10:00 AM REFORMER</p> <p>6:00 PM MELT METHOD</p> <p>6:00 PM VIRTUAL PILATES</p> <p>7:15 PM HATHA YOGA</p>	<p>16</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>6:00 PM REFORMER</p> <p>7:15 PM BEG YOGA</p>	<p>17</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL YOGA</p> <p>10:00 AM REFORMER</p> <p>7:00 PM KUNDALINI YOGA</p>	<p>18</p> <p>7:30 AM YOGA</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL PILATES</p> <p>10:00 AM REFORMER</p> <p>11:30 AM – 6:00 PM SOUND HEALER TRAINING</p>	<p>9:00 AM HATHA</p> <p>10:30 AM – 11:30 AM MEDITATION</p> <p>11:30 AM – 4:00 PM SOUND HEALER TRAINING</p> <p>5:00 PM – 6:30 PM SOUND BATH</p>
<p>20</p> <p>9:00 AM REFORMER</p> <p>10:00 AM REFORMER</p> <p>6:00 PM RESTOR YOGA</p> <p>6:00 PM VIRTUAL PILATES</p> <p>7:15 PM HATHA YOGA</p>	<p>21</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>6:00 PM REFORMER</p> <p>7:15 PM BEG YOGA</p>	<p>22</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL YOGA</p> <p>10:00 AM REFORMER</p> <p>6:00 PM JUMP BOARD REFORMER</p> <p>6:00 PM VIRTUAL PILATES</p> <p>7:15 PM HATHA YOGA</p>	<p>23</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>6:00 PM REFORMER</p> <p>7:15 PM BEG YOGA</p>	<p>24</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL YOGA</p> <p>10:00 AM REFORMER</p> <p>7:00 PM KUNDALINI YOGA</p>	<p>25</p> <p>7:30 AM YOGA</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL PILATES</p> <p>10:00 AM REFORMER</p> <p>11:30 AM – 6:00 PM SOUND HEALER TRAINING</p>	<p>9:00 AM HATHA</p> <p>10:30 AM – 11:30 AM MEDITATION</p> <p>11:30 AM – 6:00 PM SOUND HEALER TRAINING</p>
<p>27</p> <p>9:00 AM REFORMER</p> <p>10:00 AM REFORMER</p> <p>6:00 PM RESTOR YOGA</p> <p>6:00 PM VIRTUAL PILATES</p> <p>7:15 PM HATHA YOGA</p>	<p>28</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>6:00 PM REFORMER</p> <p>7:15 PM BEG YOGA</p>	<p>29</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL YOGA</p> <p>10:00 AM REFORMER</p> <p>6:00 PM JUMP BOARD REFORMER</p>	<p>30</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>6:00 PM REFORMER</p> <p>7:15 PM BEG YOGA</p>	<p>31</p> <p>6:00 AM REFORMER</p> <p>9:00 AM REFORMER</p> <p>9:00 AM VIRTUAL YOGA</p> <p>10:00 AM REFORMER</p> <p>7:00 PM KUNDALINI YOGA</p>		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 WENDY	3 WENDY	4 WENDY	WENDY
6 WENDY	7 WENDY	8 WENDY	9 WENDY	10 WENDY	11 WENDY	WENDY
13 WENDY	14 WENDY	15	16	17	18	
20	21	22	23	24	25	
27	28	29	30	31		