



Strength, comfort & yoga for all.

## In-Studio & Virtual Class Schedule August 2022

S	M	T	W	T	F	S
<b>9–10am</b> Slow Flow IN-STUDIO & VIRTUAL  <b>10:30–11:30am</b> Flow IN-STUDIO & VIRTUAL  August 7th 12:00–1:30pm <b>Full Led Primary</b> IN-STUDIO	<b>9–10am</b> Slow Flow IN-STUDIO & VIRTUAL    <b>6–7pm</b> Flow IN-STUDIO & VIRTUAL  <b>7:30–8:30pm</b> Yin IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL   <b>12–1pm</b> Flow IN-STUDIO & VIRTUAL  <b>5:30–6:30pm</b> Flow IN-STUDIO & VIRTUAL  <b>7–8pm</b> Slow Flow IN-STUDIO & VIRTUAL	<b>9:00–10am</b> Flow IN-STUDIO & VIRTUAL   <b>5:30–6:30pm</b> Heated Hatha IN-STUDIO & VIRTUAL  <b>7–8pm</b> Warm Slow Flow IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL   <b>5:30–6:30pm</b> Flow IN-STUDIO & VIRTUAL  <b>7–8pm</b> Yin IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL   <b>12–1pm</b> Flow IN-STUDIO & VIRTUAL  <b>5–6pm</b> Flow/Restore IN-STUDIO & VIRTUAL  August 12th 7:00–8:15pm <b>Friday Night Vibes</b> IN-STUDIO	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL   <b>10:30–11:30am</b> Flow/Restore IN-STUDIO & VIRTUAL   August 13th 12:00–1:00pm <b>Body Temple Dance</b> IN-STUDIO & VIRTUAL

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Online registration only.  
For everyone's safety, class sizes are limited.  
Please bring your own mat.