

S	M	T	W	T	F	S
9–10am Slow Flow 10:30–11:30am Flow 12–1pm* Donation Flow	7:00–8:00am* Flow 9–10am Slow Flow 12–1pm Flow 6–7pm Flow 7:30–8:30pm Yin	6:30–7:30am* Flow 9–10am Flow 10:30–11:30am Slow Flow 5:30–6:30pm Flow 7–8pm Slow Flow/Yin	7:00–8:00am* Flow 9:00–10am Flow 12–1pm Flow/Yin 5:30–6:30pm Flow 7–8pm Slow Flow	6:30–7:30am* Flow 9–10am Flow 10:30–11:30am Slow Flow 5:30–6:30pm Flow 7–8pm Yin	7:00–8:00am* Flow 9–10am Flow 12–1pm Slow Flow 5–6pm Flow/Restore	8:30–9:30am Flow 10–11am Slow Flow 11:30–12:30pm Flow/Restore Workshops & Events September 21st 1:00–2:15pm Somatic Circle

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