



July Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15am	WARM Yoga Fusion Ruth	Power Flow Rosie	Ashtanga Mix Bruce	Power Flow Rosie	Ashtanga Mix Bruce		
8:30 - 9:45am		\$10 WARM Slow Flow Kira		\$10 WARM Slow Flow Kira		Slow Flow & Yin Ruth	
10:00 - 11:15am	*Back Care Libby	*Slow Flow & Restorative Paige	Mindful Flow Gota	*Gentle Restorative & Yin Paige	*Bhakti Flow & Yin Michael	*Gentle Yoga & Ball Rolling Deirdre	Align & Flow Joe
12:00 - 1:15pm	WARM Flow & Yin Tucker	Align & Flow Joe	WARM Flow & Yin Shala	Flow & Yin Amy	WARM Strong & Slow Flow Alisa		
1:30 - 2:45pm	\$10 Align & Flow Deirdre						
4:00 - 5:15pm	*Bhakti Michael	WARM Gentle & Restorative Yin Shala	*Gentle Yoga Lewis	*Bhakti Michael	WARM Dynamic Flow Kate	*Gentle Restorative & Yin Richard Ends at 5pm	WARM Dynamic Flow Kate
5:30 - 6:45pm	HOT Flow & Yin Shala	WARM Flow & Yin Shanti	WARM Strong & Slow Flow Alisa	*Gentle Align & Flow Joe	HOT Flow & Yin Shanti	Mindful Flow Gota	Mindful Restorative & Yin Gota
7:00 - 8:15pm	Restorative Yoga & Live Music Shanti	Mindful Restorative & Yin Kate	*Gentle Yin & Nidra Miranda	*Gentle Yoga & Nidra Jean Marie			

 In-person & Live Streamed

 In-person Only

 Virtual Only

In-person Single Regular Class: \$18
In-person Single Community Class: \$10
Virtual Single Class: \$10

* Indicates a Beginner Friendly Class

Questions? Email guestservices@youryoga.com for assistance.