

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 15 - 20	July 15 YIN 10am	July 16	July 17 GENTLE 10AM	July 18 YOGA WITH WEIGHTS 10AM GENTLE 8PM	July 19 GENTLE 10AM	July 20 GENTLE 10AM
JULY 21 – JULY 27	JULY 22 YIN 10AM		JULY 24 GENTLE 10AM	ON HOLIDAY FROM TODAY	NO YOGA CLASSES	NO YOGA CLASSES
JULY 28 – AUG 3	NO YOGA CLASSES		NO YOGA CLASSES	NO YOGA CLASSES	NO YOGA CLASSES	NO YOGA CLASSES
AUG 4 - 10	NO CLASSES		GENTLE YOGA 10AM	GENTLE YOGA 8PM	GENTLE YOGA 10AM	GENTLE YOGA 10AM
AUG 11 - 17	YIN YOGA 10AM		GENTLE YOGA 10AM	YOGA WITH WEIGHTS 10AM GENTLE 8PM	GENTLE YOGA 10AM	GENTLE YOGA 10AM
AUG 18 - 24	YIN YOGA 10AM		GENTLE YOGA 10AM	YOGA FLOW 10AM GENTLE 8PM	GENTLE YOGA 10AM	GENTLE YOGA 10AM
AUG 25 -31	YIN YOGA 10AM		GENTLE YOGA 10AM	YOGA WITH WEIGHTS 10AM	NO CLASS	NO CLASS

ALL CLASSES ARE EASTERN STANDARD TIME OR NEW YORK TIME; CHECK FACEBOOK FOR CANCELATIONS DUE TO CHANGE IN SCHEDULE OR ILLNESS