

VINYASA-FLOW THEMES: JUL-DEC, 2026

SUNDAYS 10:30-11:45AM

Date	Theme	Date	Theme
Jul 5	Ashtanga-Flow	Oct 4	Strength-Flow
Jul 12	Power-Flow	Oct 11	Ashtanga-Flow
Jul 19	Balance-Flow	Oct 18	Power-Flow
Jul 26	Flexibility-Flow	Oct 25	Balance-Flow
Aug 2	Breath-Flow	Nov 1	Flexibility-Flow
Aug 9	Integration-Flow	Nov 8	Breath-Flow
Aug 16	Strength-Flow	Nov 15	Integration-Flow
Aug 23	Ashtanga-Flow	Nov 22	Strength-Flow
Aug 30	Power-Flow	Nov 29	Ashtanga-Flow
Sep 6	Balance-Flow	Dec 6	Power-Flow
Sep 13	Flexibility-Flow	Dec 13	Balance-Flow
Sep 20	Breath-Flow	Dec 20	Flexibility-Flow
Sep 27	Integration-Flow	Dec 27	Breath-Flow