



# VINYASA MODERATE THEMES: JUL-SEPT 2026

TUESDAYS 9-10AM		WEDNESDAY 6:45-7:45PM		FRIDAYS 6:45-7:45PM	
Date	Theme	Date	Theme	Date	Theme
		Jul 1	Spine & Core	Jul 3	Whole Body
Jul 6	Shoulder & Arms	Jul 7	Hips & Legs	Jul 9	Spine & Core
Jul 13	Whole Body	Jul 14	Shoulder & Arms	Jul 16	Hips & Legs
Jul 20	Spine & Core	Jul 21	Whole Body	Jul 23	Shoulder & Arms
Jul 27	Hips & Legs	Jul 28	Spine & Core	Jul 30	Whole Body
Aug 3	Shoulder & Arms	Aug 4	Hips & Legs	Aug 6	Spine & Core
Aug 10	Whole Body	Aug 11	Shoulder & Arms	Aug 13	Hips & Legs
Aug 17	Spine & Core	Aug 18	Whole Body	Aug 20	Shoulder & Arms
Aug 24	Hips & Legs	Aug 25	Spine & Core	Aug 27	Whole Body
Aug 31	Shoulder & Arms	Sep 1	Hips & Legs	Sep 3	Spine & Core
Sep 7	Whole Body	Sep 8	Shoulder & Arms	Sep 10	Hips & Legs
Sep 14	Spine & Core	Sep 15	Whole Body	Sep 17	Shoulder & Arms
Sep 21	Hips & Legs	Sep 22	Spine & Core	Sep 24	Whole Body
Sep 28	Shoulder & Arms	Sep 29	Hips & Legs		