

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 7	Shoulder & Arms	Jul 8	Hips & Legs	Jul 10	Spine & Core
Jul 14	Whole Body	Jul 15	Shoulder & Arms	Jul 17	Hips & Legs
Jul 21	Spine & Core	Jul 22	Whole Body	Jul 24	Shoulder & Arms
Jul 28	Hips & Legs	Jul 29	Spine & Core	Jul 31	Whole Body
Aug 4	Shoulder & Arms	Aug 5	Hips & Legs	Aug 7	Spine & Core
Aug 11	Whole Body	Aug 12	Shoulder & Arms	Aug 14	Hips & Legs
Aug 18	Spine & Core	Aug 19	Whole Body	Aug 21	Shoulder & Arms
Aug 25	Hips & Legs	Aug 26	Spine & Core	Aug 28	Whole Body
Sep 1	Shoulder & Arms	Sep 2	Hips & Legs	Sep 4	Spine & Core
Sep 8	Whole Body	Sep 9	Shoulder & Arms	Sep 11	Hips & Legs
Sep 15	Spine & Core	Sep 16	Whole Body	Sep 18	Shoulder & Arms
Sep 22	Hips & Legs	Sep 23	Spine & Core	Sep 25	Whole Body
Sep 29	Shoulder & Arms	Sep 30	Hips & Legs		