



4th of July Weekend Schedule

	W ED 7/3	Thur 7/4	Fri 7/5	SAT 7/6	Sun 7/7
AM				Progressive Power 8-9am	Kundalini Morning Sadhana(Free Community) 5:30 - 7:45am
	Hatha-Gentle 9 -10:10am	Hatha-Moderate 9 -10:15am	Hatha-Gentle 9 -10:10am	Hatha-Moderate 9 -10:15am	Yin Yoga 9 - 10:30am
		Yin Yoga 10:15 - 11:30am		Mat Pilates 9:30 - 10:30am	Vinyasa-Gentle 10:45 - 12noon
				Gentle Yoga/Prenatal 10:30 - 11:45am	
Evening	Yin Yoga Cancelled			Kid's Yoga 10:45 - 11:45am	
	Vinyasa-Gentle 6 - 7:15pm	Cancelled All Evening Classes	Flave A Sale 4th Of July!		
	Gentle Yoga/Prenatal 6:20 - 7:20pm				Cancelled All Evening Classes
	Mat Pilates 7:30 - 8:30pm				
	Progressive Power Cancelled		37	V.º	