

August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:00 am Dharma Yoga 6:00 pm – Mid Week Zen	2 9:00 am Positive Breathing Meditation 9:30 am – Ignite & Restore Yoga 6:00 pm – Yoga Flow	3 9:00 am – Dharma Yoga	4 8:15 am Wake Up Weekend Yoga
5 8:30 am – Rise & Shine Yoga	6 9:00 am - Rise & Shine Yoga 5:30 pm – Muscle Ease Yoga	7 9:00 am – Dharma Yoga 11:30 am – Gentle Yoga	8 9:00 am Dharma Yoga 6:00 pm – Mid Week Zen	9 9:00 am Positive Breathing Meditation 9:30 am – Ignite & Restore Yoga 6:00 pm – Yoga Flow	10 9:00 am – Dharma Yoga	11 8:15 am Wake Up Weekend Yoga
12 8:30 am – Rise & Shine Yoga	13 9:00 am - Rise & Shine Yoga 5:30 pm – Muscle Ease Yoga	14 9:00 am – Dharma Yoga 11:30 am – Gentle Yoga	15 9:00 am Dharma Yoga 6:00 pm – Mid Week Zen	16 9:00 am Positive Breathing Meditation 9:30 am – Ignite & Restore Yoga 6:00 pm – Yoga Flow	17 9:00 am – Dharma Yoga	18 8:15 am Wake Up Weekend Yoga
19 8:30 am – Rise & Shine Yoga	20 9:00 am Rise & Shine Yoga 5:30 pm – Muscle Ease Yoga	21 9:00 am – Dharma Yoga 11:30 am – Gentle Yoga	22 9:00 am Dharma Yoga 6:00 pm – Mid Week Zen	23 9:00 am Positive Breathing Meditation 9:30 am – Ignite & Restore Yoga 6:00 pm – Yoga Flow	24 9:00 am – Dharma Yoga	25 8:15 am Wake Up Weekend Yoga
26 8:30 am – Rise & Shine Yoga	27 9:00 am Rise & Shine Yoga 5:30 pm – Muscle Ease Yoga	28 9:00 am – Dharma Yoga 11:30 am – Gentle Yoga	29 9:00 am Dharma Yoga 6:00 pm – Mid Week Zen	30 9:00 am Positive Breathing Meditation 9:30 am – Ignite & Restore Yoga 6:00 pm – Yoga Flow	31 9:00 am – Dharma Yoga	1 September 8:15 am Wake Up Weekend Yoga