

JUNE/JULY CLASS SCHEDULE

PLEASE CONFIRM SCHEDULE ONLINE FOR CHANGES/CANCELLATION

**STUDENTS MUST
PREREGISTER FOR CLASS**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19 6:00pm Align & Flow	20 6:30am Align & Flow	21 8:00am Flexibility Flow 9:30am Align & Flow	22 6:00pm Flow & Restore	23 9:30am Gentle Flow 4:30pm Yin Elixir	24
25	26 6:00pm Align & Flow	27 6:30am Align & Flow 6:00pm Align & Flow	28 8:00am Flexibility Flow 9:30am Align & Flow 6:00pm Align & Flow	29 6:00pm Flow & Restore	30 JULY 9:30am Gentle Flow 4:30pm Yin Elixir	01
02	03 6:00pm Align & Flow	04 6:30am Align & Flow 6:00pm Align & Flow	05 8:00am Flexibility Flow 9:30am Align & Flow 6:00pm Align & Flow	06 6:00pm Flow & Restore	07 9:30am Gentle Flow 4:30pm Yin Elixir	08
09	10 6:00pm Align & Flow	11 6:30am Align & Flow 6:00pm Align & Flow	12 8:00am Flexibility Flow 9:30am Align & Flow 6:00pm Align & Flow	13 6:00pm Flow & Restore	14 9:30am Gentle Flow 4:30pm Yin Elixir	15
16	17 6:00pm Align & Flow	18 6:30am Align & Flow 6:00pm Align & Flow	19 8:00am Flexibility Flow 9:30am Align & Flow 6:00pm Align & Flow	20 6:00pm Flow & Restore	21 9:30am Gentle Flow 4:30pm Yin Elixir	22