

Monday
July 2026

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

4th of July

NO CLASS
HOLIDAY WEEKEND

6 Gentle Flow Sheila 9am	7 A week to Release	8 Hatha Flow Lo 9am	9	10 Vinyasa Flow Lo 9am	11	12 Reset & Renew 9am Alex
13 Gentle Flow Sheila 9am	14 A week to Recieve	15 Hatha Flow Lo 9am	16	17 Vinyasa Flow Lo 9am	18	19 Reset & Renew 9am Alex
20 Gentle Flow Sheila 9am	21 A week to Radiate	22 Hatha Flow Lo 9am	23	24 Vinyasa Flow Lo Flow	25	26 Reset & Renew 9am Alex
27 Gentle Flow Sheila 9am	28 A week to Rise	29 Full Moon Flow Completion & Letting Go Lo 9am	30	31 Vinyasa Flow Lo Planting New Seeds 9am		