

Summer Yoga Schedule



July

Mondays, 6, 13, 20, 27

7am - 8:30am

Active

Thursday, 23

7pm - 8pm `

Restorative

August

Mondays, 10, 24, 31

7am - 8:30am

Active

Thursday, 27

7pm - 8pm `

Restorative

September

Mondays, 14, 21, 28

7am - 8:30am

Active

Thursday, 24

7pm - 8pm `

Restorative