

# August Schedule

## Monday

|                |                        |
|----------------|------------------------|
| 5:30 - 6:15 am | Yoga 4 Definition (m)  |
| 9:30 - 10:30am | Balanced Flow(m)       |
| 12:00 - 1:00pm | Mindful Movement (m)   |
| 4:30 - 5:30 pm | Hot Fusion Yoga (m)    |
| 6:00 - 7:00 pm | Mindful Movement (m)   |
| 7:00 - 8:00 pm | Restorative Aerial (s) |
| 7:30 - 8:30 pm | Flowing Strength (m)   |

## Tuesday

|                 |                          |
|-----------------|--------------------------|
| 5:30 - 6:15 am  | XY Interval Training (m) |
| 9:30 - 10:30 am | Gentle Yoga (s)          |
| 12:00 - 1:00 pm | Restorative Yoga (m)     |
| 4:15 - 5:15 pm  | Gentle Yoga (s)          |
| 5:45 - 6:45 pm  | Barre Yogilates (m)      |
| 5:45 - 6:45 pm  | Mindful Movement (s)     |
| 7:00 - 8:00 pm  | Hot Yoga (m)             |
| 8:15 - 9:00 pm  | Heated Deep Stretch (m)  |

## Wednesday

|                 |                           |
|-----------------|---------------------------|
| 9:30 -10:30 am  | Mindful Movement (m)      |
| 12:00 - 1:00 pm | Balanced Flow (m)         |
| 4:30 - 5:30 pm  | Flowing Strength (m)      |
| 6:00 - 6:45 pm  | Aerial Str. & Condit. (s) |
| 6:00 - 7:00 pm  | Mindful Movement (m)      |
| 7:15 - 8:15 pm  | Relaxed Yin Flow (m)      |

## Thursday

|                 |                           |
|-----------------|---------------------------|
| 5:30 - 6:30 am  | Rise & Sizzle Yoga (m)    |
| 9:30 - 10:30 am | Hot Yoga (m)              |
| 12:00-1:00 pm   | Yin Restorative (m)       |
| 4:30 - 5:30 pm  | Mindful Movement (s)      |
| 5:00 - 6:00 pm  | Yoga 4 Definition (m)     |
| 6:30 - 7:30 pm  | Flowing Strength (s)      |
| 7:30 - 8:30 pm  | Meditative Relax Flow (m) |

## Friday

|                 |                                |
|-----------------|--------------------------------|
| 5:30 - 6:30 am  | Friday Funky Flow (m)          |
| 9:30 - 10:30 am | Yoga 4 Definition (m)          |
| 12:00 - 1:00 pm | Restorative Flow (m)           |
| 4:30 - 5:30 pm  | Hot Yoga (m)                   |
| 4:30 - 5:30 pm  | Yoga 4 Flexibility (s)         |
| 6:00 - 7:00 pm  | Flowing Strength (s)           |
| 6:00 - 7:00 pm  | Candlelit Restorative Yoga (m) |
| 7:30 - 8:30 pm  | Friday Night Pole Party (s)    |

## Saturday

|                  |   |
|------------------|---|
| 7:15 - 8:15 am   | Vertical Barre (s)                      |
| 8:30 - 9:30 am   | Gentle Rise & Shine (s)                 |
| 8:45 - 9:45 am   | Hot Yoga (m)                            |
| 10:15 - 11:15 am | Flowing Strength (m)                    |
| 10:15 - 11:15 am | Yoga 4 Kids (ages 4-8)(s)               |
| 11:30 - 12:30 pm | Yoga 4 a Healthy Back (m)               |
| 11:30 - 12:30 pm | Stressbuster Student<br>Yoga (9-16) (s) |

## Sunday

|                  |                           |
|------------------|---------------------------|
| 9:30 - 10:30 am  | Barre Yogilates (m)       |
| 10:45 - 11:45 am | Yoga 4 Definition (m)     |
| 11:00 - 12:00 pm | Beginner Aerial Silks (s) |
| 12:00 - 1:00 pm  | Mindful Movement (m)      |
| 4:45 - 5:45 pm   | Candlelight Flow (m)      |

(s) = Sun Studio (m) = Moon Studio

For full schedule, class descriptions, and rates visit

[DoYoga4you.com](http://DoYoga4you.com)