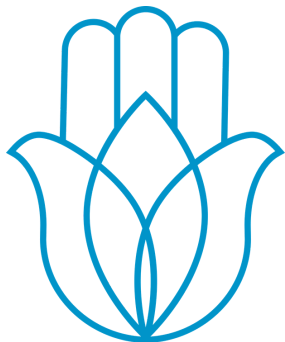


AUGUST

Calendar Key:

Special Classes
and Workshops

Warm Classes



2026

SUN	MON	TUE	WED	THU	FRI	SAT
26 10 am Tone & Flow w/ Sheena 11:30 am PAUSE w/ Eva 5pm Stretch & Align w/Gretchen 6:30 pm Yoga Nidra w/ Sheena	27 7:30am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa w/Gretchen 7pm Full Moon Yoga w/ Sheena	28 5:45am Sunrise w/Katie 7am Meditation w/ Gabby 11 am Sacred Breath w/ Sheena 9am Hatha w/ Sheena 6pm Hatha w/ Sheena	29 9am Gentle w/ Jan 4:30pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	30 5:45am Sunrise w/Katie 9am Gentle Yoga w/Eva 5:45 pm Rest & Renew w/Eva	31 9am Slow Flow w/Jan	1 10am Vinyasa w/ Sheena
2 10 am Vinyasa w/ Deanna 5pm Restorative Yoga w/Eva	3 7:30am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen	4 5:45am Sunrise w/Katie 9am Hatha w/ Sheena 6pm Hatha w/ Sheena	5 9am Gentle w/ Jan 4:30pm Warm Tone & Flow w/ Maria 6pm Warm Power Flow w/Gretchen	6 5:45am Sunrise w/ Jan 9am Gentle Yoga w/Eva 5:45 pm Rest & Renew w/ Eva	7 9am Slow Flow w/Katie	8 10am Vinyasa w/ Courtney 1:30pm Cancer Care w/ Sandra 4 pm LSD w/ Emerald
9 10 am Vinyasa w/ Emerald 5pm Stretch and Align w/Gretchen	10 7:30 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen 7pm Meditation w/ Gabby	11 5:45am Sunrise w/Katie 9am Hatha w/ Katie 6pm Hatha w/ Sheena	12 9am Gentle w/ Jan 4:30pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	13 5:45am Sunrise w/Katie 9am Restorative w/ Eva 5:45pm Rest & Renew w/Eva	14 9am Slow Flow w/Katie	15 10am Vinyasa w/ Courtney 8pm The Descent w/ Gabby and Sheena 8pm Community Yoga & Kava w/ Gretchen at Wana Navu Kava Bar
16 10 am Vinyasa w/ Deanna 11:30 am PAUSE w/ Emerald 5pm Restorative Yoga w/Eva 7 pm THRESHOLDS w/ Sheena	17 7:30am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen	18 5:45am Sunrise w/Katie 9am Hatha w/ Sheena 6pm Yin w/ Sheena	19 9am Gentle w/ Jan 4:30pm Warm Tone & Flow w/ Maria 6pm Warm Power Flow w/Gretchen	20 5:45am Sunrise w/ Katie 9am Gentle w/ Eva 5:45 pm Rest & Renew w/ Eva	21 9am Slow Flow w/Jan	22 10am Vinyasa Flow w/Courtney 12pm Reiki Level 1 w/ Sheena (also on Sunday)
23/30 10 am Vinyasa w/ Emerald 5pm Stretch and Align w/Gretchen 10 am Vinyasa w/ Deanna 5pm Restorative Yoga w/Eva 7pm Yoga Nidra w/ Sheena	24/31 7:30 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen	25 5:45am Sunrise w/Katie 7am Meditation w/ Gabby 9am Hatha w/ Sheena 6pm Hatha w/ Sheena	26 9am Gentle w/ Jan 4:30pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	27 5:45am Sunrise w/Katie 9am Gentle w/ Eva 5:45 pm Rest & Renew w/Eva	28 9am Slow Flow w/Jan 7pm Full Moon Yoga w/ Sheena	29 10am Rock-N-Flow w/Courtney 11:30 am Yoga Book Club w/ Courtney