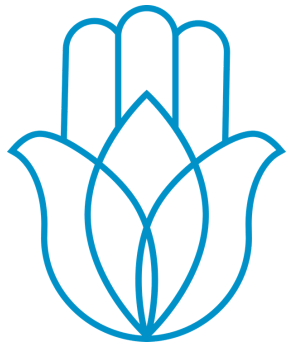


JUNE



Calendar Key:

Special Classes and Workshops

Warm Classes

2026

SUN	MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	29	30
31	1	2	3	4	5	6
10 am Tone & Flow w/ Sheena 5pm Stretch & Align w/ Gretchen	7:30 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen	5:45am Sunrise w/Katie 9am Hatha w/ Sheena 6pm Hatha w/Sheena	9am Gentle w/ Jan 4:30 pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow wGretchen	5:45am Sunrise w/Katie 9am Gentle Yoga w/Eva 5:45 pm Rest & Renew w/Eva	9 am Slow Flow w/ Gretchen	10 am Vinyasa w/ Courtney 10 am Grow & Flow w/ Gretchen @ Kiwanis Family Park
7	8	9	10	11	12	13
10 am Vinyasa w/ Emily 5pm 90min Restorative w/ Eva	7:30 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen 7pm Meditations on the mat w/ Gabby	5:45am Sunrise w/Katie 9 am Hatha w/ Sheena 6 pm Hatha Yoga w/ Sheena	9am Gentle w/ Gretchen 4:30 pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow wGretchen	5:45am Sunrise w/Katie 9am Gentle Yoga w/Eva 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan	10 am Vinyasa w/ Courtney
14	15	16	17	18	19	20
10 am Tone & Flow w/ Sheena 11:30 am PAUSE w/ Sheena 5pm Stretch and Align w/ Gretchen 6:30 pm THRESHOLDS w/ Sheena	7:30 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen	5:45am Sunrise w/Katie 7am Meditation on the mat w/ Gabby 9am Hatha w/ Sheena 6pm Yin w/ Sheena	9am Gentle w/ Jan 4:30 pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow wGretchen	5:45am Sunrise w/Katie 9am Restorative w/Eva 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan	10 am Vinyasa w/ Courtney 11:30 am 108 Sun Salutations w/ Sheena 4:30 pm Warm LSD w/ Jan
21	22	23	24	25	26	27
10 am Vinyasa w/ Emily 5pm Restorative w/ Eva 7pm Soundbath w/ Jarek	7:30 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Eva 11 am Yin w/ Courtney 5:30pm Vinyasa Flow w/Gretchen	5:45am Sunrise w/Katie 9am Hatha w/ Katie 6pm Hatha Yoga w/Sheena	9am Gentle w/ Jan 4:30 pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow wGretchen	5:45am Sunrise w/Katie 9am Gentle Yoga w/Deanna 5:45 pm Rest & Renew w/Deanna	9 am Slow Flow w/ Jan	10 am Rock -N- Flow w/ Courtney
28	29	30	1	2	3	4
10 am Tone & Flow w/ Sheena 5pm Stretch & Align w/ Emerald 6:30 pm Yoga Nidra w/ Sheena	7:30 am Vinyasa w/ Courtney 9 am Gentle Yoga w/Katie 11am Yin w/Courtney 5:30pm Vinyasa Flow w/JGretchen	5:45am Sunrise w/Katie 9 am Hatha w/ Sheena 6pm Full Moon yoga w/ Sheena				

