

ON THE MAT THIS JULY

Schedule is subject to change. Check our online calendar for timely updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		30	01	02	03	04
Green: New Class/Time Orange: Workshop, Event, or Series			6:00 Yoga Muse @ Ridge Hill - free event 6:15 gentle strength 7:30 dynamic practice	7:00 rise&shine 8:30 dynamic practice 10:30 chair yoga 6:15 dynamic practice 7:30 stretch lab	8:00 dynamic practice 9:30 root practice 12:30 dynamic practice 5:00 yin yang yoga	10:00 firework flow
05	06	07	08	09	10	11
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice 5:30 gentle strength 7:00 rest & reflect	8:00 YM sculpt 9:30 root practice 6:15 root practice 7:30 stretch lab	Morning classes back next week 6:30 YM Sculpt 7:30 root practice	6:15 gentle strength 7:30 dynamic practice	7:00 rise&shine 8:30 dynamic practice 10:30 chair yoga 6:15 dynamic practice 7:30 stretch lab	8:00 dynamic practice 9:30 root practice 12:30 dynamic practice 6:15 yin yang yoga	8:30 YM sculpt 9:45 gentle strength 11:00 peak practice 12:15 root practice
12	13	14	15	16	17	18
Riverdale Sunday Market 8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice 5:30 gentle strength 7:00 rest & reflect	8:00 YM sculpt 9:30 root practice 6:15 root practice 7:30 stretch lab	7:00 rise&shine 8:30 root practice 10:30 gentle strength 6:30 YM Sculpt 7:30 root practice	6:15 gentle strength 7:30 dynamic practice	7:00 rise&shine 8:30 dynamic practice 10:30 chair yoga 6:15 dynamic practice 7:30 stretch lab	8:00 dynamic practice 9:30 root practice 12:30 dynamic practice 6:15 yin yang yoga	8:30 YM sculpt 9:45 gentle strength 11:00 peak practice 12:15 root practice
19	20	21	22	23	24	25
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice 5:30 gentle strength 7:00 rest & reflect	8:00 YM sculpt 9:30 root practice 6:30 Pranayama Workshop	7:00 rise&shine 8:30 root practice 10:30 gentle strength 6:30 YM Sculpt 7:30 root practice	6:15 gentle strength 7:30 dynamic practice	Morning classes back next week 6:15 dynamic practice 7:30 stretch lab	8:00 dynamic practice 9:30 root practice 12:30 dynamic practice 6:15 root practice	8:30 YM sculpt 9:45 gentle strength 11:00 peak practice 12:15 root practice
26	27	28	29	30	31	
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice 5:30 gentle strength 7:00 rest & reflect	8:00 YM sculpt 9:30 root practice 6:15 root practice 7:30 stretch lab	7:00 rise&shine 8:30 root practice 10:30 gentle strength 6:30 YM Sculpt 7:30 root practice	6:15 gentle strength 7:30 yoga nidra	7:00 rise&shine 8:30 dynamic practice 10:30 chair yoga 6:15 dynamic practice 7:30 stretch lab	8:00 dynamic practice 9:30 root practice 12:30 dynamic practice 6:15 root practice	