

ON THE MAT THIS AUGUST

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01						
Green: New Class/Time Orange: Workshop, Event, or Series						8:30 YM sculpt 9:45 gentle strength 11:00 peak practice 12:15 root practice
02	03	04	05	06	07	08
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice 4:00 prenatal yoga 5:30 gentle strength 7:00 rest & reflect	YM - Summer Rest No Classes	YM - Summer Rest No Classes	YM - Summer Rest No Classes	YM - Summer Rest No Classes	YM - Summer Rest No Classes	YM - Summer Rest No Classes
09	10	11	12	13	14	15
YM - Summer Rest No Classes	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
16	17	18	19	20	21	22
Pilates back on 8/30 11:00 dynamic practice 4:00 prenatal yoga 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 Thursday evening classes back next week	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
23	24	25	26	27	28	29
Pilates back on 8/30 11:00 dynamic practice 4:00 prenatal yoga 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	6:00 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 6:15 root practice	YM Sculpt back in Sept 9:45 gentle strength 11:00 peak practice 12:15 root practice
30	31					
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice 4:00 prenatal yoga 5:30 gentle strength 7:00 rest & reflect	8:00 YM sculpt 9:30 root practice 6:15 root practice 7:30 stretch lab					