

july 2017

monday

7am	salti hot yoga 🔥
10am	aerial yoga 1
430pm	hot flow 🔥
6pm	restorative yoga (75 mins)
8pm	barre fitness

tuesday

7am	salti yoga
10am	hot flow 🔥
430pm	aerial yoga 1
6pm	salti hot yoga 🔥
730pm	flow
8pm	salti yoga

wednesday

7am	hot flow 🔥
10am	salti yoga
1215pm	salti mini yoga (30 mins)
430pm	salti hot yoga 🔥
6pm	barre fitness
730pm	aerial yoga 1
8pm	hot flow 🔥

thursday

7am	flow
10am	salti hot yoga 🔥
2pm	open practice (2hrs)
430pm	beginner yoga 🔥
6pm	restorative yoga (75 mins)
730pm	aerial yoga 2
8pm	seasoned salti yoga 🔥

friday

7am	salti hot yoga 🔥
1215pm	salti mini yoga (30 mins)
430pm	hot flow 🔥
6pm	aerial yoga 1
730pm	park yoga

saturday

9am	salti yoga
1030am	salti hot yoga 🔥
12pm	hot flow 🔥

sunday

1030am	salti hot yoga 🔥
12pm	beginner yoga
6pm	hot flow 🔥
8pm	restorative yoga (75 mins)