MONDAY

**JJUL** 

**GENTLE FLOW** 

**GY** 9:00AM - 10:00AM

**YOGA STRETCH** 

**GY** 10:00AM - 11:00AM

**CORE YOGA** 

**MASTER SHRI** 10:00AM - 11:00AM

**HATHA YOGA** 

**MASTER SHRI** 11:05AM - 12:05PM

PRIVATE WHEEL YOGA

**JO** 7:00PM - 8:00PM

**DETOX TWIST** 

**RAI** 8:15PM - 9:15PM



TUESDAY 2 JUL	WEDNESDAY 3 JUL	THURSDAY 4 JUL	FRIDAY 5 JUL	SATURDA 6 JUL
<section-header><text><text><text><text></text></text></text></text></section-header>	CHEST & SHOULDER OPENING BHAVANA 9:00AM - 10:00AM HATHA FLOW JOEY 9:00AM - 10:00AM SCULPT & TONE TBHAWNA 10:00AM - 11:00AM DEEP STRETCH	HATHA BEGINNER SARAH S 8:00AM - 9:00AM GENTLE FLOW GY 9:00AM - 10:00AM MORNING STRETCH RAI 9:30AM - 10:30AM YOGA STRETCH GY 10:00AM - 11:00AM	YIN YANG YOGA MASTER SHRI 10:00AM - 11:00AM	CLOS INTERNATIO YOGA DA CELEBRATI
PRIVATE BODY OPENING KELLY 6:40PM - 7:40PM	11:05AM - 12:05PM PRIVATE VINYASA FLOW MANDY 6:30PM - 7:30PM	DETOX TWIST RAI 10:45AM - 11:45AM CORE YOGA JANE 12:00PM - 1:00PM HIP OPENING JANE 1:15PM - 2:15PM		5
<text><text><text></text></text></text>	<text><text><text></text></text></text>	PRIVATE HATHA YOGA KELLY 6:40PM - 7:40PMPRIVATE FLEXIBILITY & CORE KELLY 7:45PM - 8:45PM	DETOX VINYASA TTANVI 7:00PM - 8:00PM OGGA FOUNDATION TTANVI 8:05PM - 9:05PM	

PARTNER OF UNION YOGA AYURVEDA

# 1-7 JUL 2024 SCHEDULE

# AY



ONAL AY **FION** 



#### 7 JUL

**PRIVATE HATHA STRETCH KELLY** 8:00AM - 9:00AM

PRIVATE **DETOX FLOW KELLY** 9:05AM - 10:05AM

**GENTLE FLOW GY** 10:30AM - 11:30AM

**BALANCE & CORE T SAVITA** 11:00AM – 12:00PM

**YOGA STRETCH GY** 11:45AM - 12:45PM

**BACKBEND YOGA T SAVITA** 12:05PM – 1:05PM

**YOGA STRETCH GUNITA** 1:00PM - 2:00PM

**HATHA FLOW JILL C** 2:15PM – 3:15PM

**DETOX TWIST JILL C** 3:30PM - 4:30PM

-SPECIALTY-**FLOATING SOUND BATH JESSLYN L** 5:15PM - 6:30PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATU
	8 JUL	9 JUL	10 JUL	11 JUL	12 JUL	13
	MORNING FLOW JILL C 9:00AM - 10:00AM	HATHA BEGINNER SARAH S 7:45AM - 8:45AM	HATHA FLOW JOEY 9:00AM - 10:00AM	HATHA BEGINNER SARAH S 8:00AM - 9:00AM	BACKBEND YOGA MASTER SHRI 10:00AM - 11:00AM	HATHA INT PHC 9:00AM -
	DETOX TWIST JILL C 10:00AM - 11:00AM	VINYASA FLOW DAISY N 8:00AM - 9:00AM	MORNING STRETCH T BHAWNA 10:00AM - 11:00AM	CHEST & SHOULDER OPENING BHAVANA 9:00AM - 10:00AM	CORE YOGA MASTER SHRI 11:05AM - 12:05PM	<b>YIN Y</b> PHC 10:30AM ·
	<b>GENTLE FLOW</b> <b>GY</b> 11:15AM - 12:15PM		ARM BALANCING T BHAWNA 11:05AM - 12:05PM	MORNING STRETCH RAI 9:30AM - 10:30AM		GENTLE TRAD 11:00AM -
THE R	YOGA STRETCH GY 12:15PM - 1:15PM			GENTLE FLOW BHAVANA 10:00AM - 11:00AM		HATHA S T RAD 12:05PM
	SUN SALUTATION MASTER SHRI 10:00AM - 11:00AM	036		DETOX TWIST RAI 10:45AM - 11:45AM		YOGA S ZI 1:00PM -
100	YOGA THERAPEUTICS FOR DIGESTIVE HEALTH MASTER SHRI			CORE YOGA JANE 12:00PM - 1:00PM		HATHA B ZI 2:15PM -
	11:05AM - 12:05PM	PRIVATE BODY OPENING KELLY 6:40PM - 7:40PM	PRIVATE VINYASA FLOW MANDY 6:30PM - 7:30PM	HIP OPENING JANE 1:15PM - 2:15PM		GENTLI G 3:30PM -
	PRIVATE WHEEL YOGA JO 7:00PM - 8:00PM	DETOX TWIST MASTER SHRI 7:05PM - 8:05PM PRIVATE	CHEST & SHOULDER OPENING MASTER SHRI 7:00PM - 8:00PM	PRIVATE HATHA YOGA	YOGA STRETCH T TANVI 7:00PM - 8:00PM	YOGA S G 4:45PM -
	DETOX TWIST RAI 8:15PM - 9:15PM	DETOX & CORE STRENGTHENING KELLY 7:45PM - 8:45PM	PRIVATE HATHA FLOW MANDY 7:45PM - 8:45PM	KELLY 6:40PM – 7:40PM PRIVATE	VINYASA FLOW T TANVI 8:05PM - 9:05PM	
		YOGA THERAPEUTICS FOR RESPIRATORY HEALTH MASTER SHRI 8:05PM - 9:05PM	HATHA BEGINNER MASTER SHRI 8:05PM - 9:05PM	FLEXIBILITY & CORE KELLY 7:45PM - 8:45PM		
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PARTNER OF UNION YOGA AYURVEDA

# 8-14 JUL 2024 SCHEDULE

#### URDAY

**3 JUL** 

**TERMEDIATE OEBE** - 10:00AM

YOGA **IOEBE** M - 11:30AM

**LE FLOW DHIKA** 1 - 12:00PM

STRETCH **DHIKA** M – 1:05PM

STRETCH ZIN 1 – 2:00PM

BEGINNER **ZIN** 4 - 3:15PM

**LE FLOW GY** 4 - 4:30PM

STRETCH **GY** 4 - 5:45PM

#### SUNDAY

#### **14 JUL**

PRIVATE **HATHA STRETCH KELLY** 8:00AM – 9:00AM

PRIVATE **DETOX FLOW KELLY** 9:05AM - 10:05AM

**YOGA BARRE APRIL** 10:30AM - 11:30AM

**DETOX VINYASA T SAVITA** 11:00AM – 12:00PM

**MAT PILATES APRIL** 11:45AM - 12:45PM

**YOGA STRETCH T SAVITA** 12:05PM - 1:05PM

**YOGA STRETCH GUNITA** 1:00PM - 2:00PM

**HATHA FLOW JILL C** 2:15PM - 3:15PM

**DETOX TWIST JILL C** 3:30PM - 4:30PM

**YOGA STRETCH MICHIKO** 3:30PM - 4:30PM

-SPECIALTY-FLOATING **SOUND BATH JESSLYNL** 5:15PM - 6:30PM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATU
15 JUL	16 JUL	17 JUL	18 JUL	19 JUL	20
<b>GENTLE FLOW</b> GY 9:00AM - 10:00AM	HATHA BEGINNER SARAH S 7:45AM - 8:45AM	HATHA FLOW JOEY 9:00AM - 10:00AM	HATHA BEGINNER SARAH S 8:00AM - 9:00AM	<b>YIN YANG YOGA</b> <b>MASTER SHRI</b> 10:00AM - 11:00AM	HATHA INTE PHO 9:00AM -
<b>YOGA STRETCH</b> <b>GY</b> 10:00AM - 11:00AM	VINYASA FLOW DAISY N 8:00AM - 9:00AM	SCULPT & TONE T BHAWNA 10:00AM - 11:00AM	CHEST & SHOULDER OPENING BHAVANA 9:00AM - 10:00AM	HIP OPENING MASTER SHRI 11:05AM - 12:05PM	<b>YIN Y</b> PHO 10:30AM -
CORE YOGA MASTER SHRI 10:00AM - 11:00AM	MORNING FLOW JILL C 9:00AM - 10:00AM DETOX TWIST	DEEP STRETCH T BHAWNA 11:05AM - 12:05PM	MORNING STRETCH RAI 9:30AM - 10:30AM		GENTLE T RAD 11:00AM -
HATHA YOGA MASTER SHRI 11:05AM - 12:05PM	JILL C 10:00AM - 11:00AM GENTLE FLOW		GENTLE FLOW BHAVANA 10:00AM - 11:00AM		HATHA S T RAD 12:05PM
120	GY 11:15AM - 12:15PM YOGA STRETCH		<b>DETOX TWIST</b> RAI 10:45AM - 11:45AM		YOGA S ZI 1:00PM -
	GY 12:30PM - 1:30PM		<b>CORE YOGA</b> JANE 12:00PM - 1:00PM		HATHA B ZI 2:15PM -
	PRIVATE BODY OPENING KELLY 6:40PM - 7:40PM	PRIVATE VINYASA FLOW MANDY 6:30PM - 7:30PM	HIP OPENING JANE 1:15PM - 2:15PM		ALIGN ALIC 3:30PM -
PRIVATE WHEEL YOGA JO 7:00PM - 8:00PM	NECK & SHOULDER RELEASE MASTER SHRI 7:05PM - 8:05PM	YOGA FOR TIGHT HIP & HAMSTRINGS MASTER SHRI 7:00PM - 8:00PM	PRIVATE	DETOX VINYASA T TANVI 7:00PM - 8:00PM	POWER ALIC 4:45PM -
DETOX TWIST RAI 8:15PM - 9:15PM	PRIVATE DETOX & CORE STRENGTHENING KELLY	PRIVATE HATHA FLOW MANDY 7:45PM - 8:45PM	HATHA YOGA KELLY 6:40PM - 7:40PM PRIVATE	YOGA FOUNDATION T TANVI 8:05PM - 9:05PM	YIN YO ALIC 6:00PM -
	7:45PM - 8:45PM CORE YOGA MASTER SHRI 8:05PM - 9:05PM	BREATHWORK & MEDITATION MASTER SHRI 8:05PM - 9:05PM	FLEXIBILITY & CORE KELLY 7:45PM - 8:45PM		
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PARTNER OF UNION YOGA AYURVEDA

# **15-21 JUL 2024 SCHEDULE**

# JRDAY

JUL

**ERMEDIATE DEBE** - 10:00AM

**/OGA DEBE** - 11:30AM

**E FLOW DHIKA** - 12:00PM

STRETCH **DHIKA** | - 1:05PM

TRETCH IN - 2:00PM

BEGINNER IN - 3:15PM

YOGA **CEL** - 4:30PM

**RYOGA CEL** - 5:45PM

**OGA** CE L - 7:00PM

#### **SUNDAY**

**21 JUL** 

**PRIVATE HATHA STRETCH KELLY** 8:00AM – 9:00AM

PRIVATE **DETOX FLOW KELLY** 9:05AM - 10:05AM

**GENTLE FLOW GY** 10:30AM - 11:30AM

**BALANCE & CORE T SAVITA** 11:00AM – 12:00PM

**YOGA STRETCH GY** 11:45AM - 12:45PM

**BACKBEND YOGA T SAVITA** 12:05PM – 1:05PM

**YOGA STRETCH GUNITA** 1:00PM - 2:00PM

**HATHA FLOW JILL C** 2:15PM – 3:15PM

**DETOX TWIST JILL C** 3:30PM - 4:30PM

-SPECIALTY-**FLOATING SOUND BATH JESSLYNL** 5:15PM - 6:30PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATU
22 JUL	23 JUL	24 JUL	25 JUL	26 JUL	27
	HATHA BEGINNER SARAH S 7:45AM - 8:45AM	HATHA FLOW JOEY 9:00AM - 10:00AM	HATHA BEGINNER SARAH S 8:00AM - 9:00AM	BACKBEND YOGA MASTER SHRI 10:00AM - 11:00AM	PRIV YIN V EVG 8:00AM
<b>GENTLE FLOW</b> GY 11:15AM - 12:15PM	VINYASA FLOW DAISY N 8:00AM - 9:00AM	MORNING STRETCH T BHAWNA 10:00AM - 11:00AM	CHEST & SHOULDER OPENING BHAVANA 9:00AM - 10:00AM	CORE YOGA MASTER SHRI 11:05AM - 12:05PM	PRI HATH EVG
YOGA STRETCH GY 12:15PM - 1:15PM	MORNING FLOW JILL C 9:00AM - 10:00AM	ARM BALANCING T BHAWNA 11:05AM - 12:05PM	MORNING STRETCH RAI 9:30AM - 10:30AM		9:15AM GENTL T RAI
SUN SALUTATION MASTER SHRI 10:00AM - 11:00AM	DETOX TWIST JILL C 10:00AM - 11:00AM		GENTLE FLOW BHAVANA 10:00AM - 11:00AM		11:00AM
YOGA THERAPEUTICS FOR DIGESTIVE	and in		<b>DETOX TWIST</b> <b>RAI</b> 10:45AM - 11:45AM		<b>T RAI</b> 12:05PM
HEALTH MASTER SHRI 11:05AM - 12:05PM			<b>GENTLE FLOW</b> GY 11:15AM - 12:15PM		YOGA S I:00PM
			<b>CORE YOGA</b> JANE 12:00PM - 1:00PM		HATHA E Z:15PM
	PRIVATE BODY OPENING KELLY 6:40PM - 7:40PM	PRIVATE VINYASA FLOW MANDY 6:30PM - 7:30PM	YOGA STRETCH GY 12:15PM - 1:15PM		ALIGN ALI 3:30PM
PRIVATE WHEEL YOGA JO 7:00PM - 8:00PM	DETOX TWIST MASTER SHRI 7:05PM - 8:05PM	CHEST & SHOULDER OPENING MASTER SHRI 7:00PM - 8:00PM	HIP OPENING JANE 1:15PM - 2:15PM	<b>YOGA STRETCH</b> T TANVI 7:00PM - 8:00PM	POWE ALI 4:45PM
	PRIVATE DETOX & CORE STRENGTHENING KELLY 7:45PM - 8:45PM	PRIVATE HATHA FLOW MANDY 7:45PM - 8:45PM	PRIVATE HATHA YOGA KELLY 6:40PM - 7:40PM PRIVATE	VINYASA FLOW T TANVI 8:05PM - 9:05PM	YIN ALI 6:00PM
	YOGA THERAPEUTICS FOR RESPIRATORY HEALTH MASTER SHRI	HATHA BEGINNER MASTER SHRI 8:05PM - 9:05PM	FLEXIBILITY & CORE KELLY 7:45PM - 8:45PM		
	8:05PM - 9:05PM				1/.

PARTNER OF UNION YOGA AYURVEDA

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## 22-28 JUL 2024 SCHEDULE

#### URDAY

27 **JUL** 

IVATE YOGA **GENIA** M - 9:00AM

IVATE **HA FLOW GENIA** 1 - 10:15AM

**LE FLOW** ADHIKA л – 12:00PM

**STRETCH** ADHIKA M - 1:05PM

STRETCH ZIN 4 - 2:00PM

BEGINNER **ZIN** M - 3:15PM

**NYOGA LICE L** M - 4:30PM

**ER YOGA LICE L** M - 5:45PM

YOGA **LICE L** M – 7:00PM

#### SUNDAY

**28 JUL** 

PRIVATE HATHA STRETCH **KELLY** 8:00AM - 9:00AM

PRIVATE **DETOX FLOW KELLY** 9:05AM - 10:05AM

**YOGA BARRE APRIL** 10:30AM - 11:30AM

**DETOX VINYASA T SAVITA** 11:00AM - 12:00PM

**MAT PILATES APRIL** 11:45AM - 12:45PM

**YOGA STRETCH T SAVITA** 12:05PM – 1:05PM

**YOGA STRETCH GUNITA** 1:00PM - 2:00PM

**HATHA FLOW JILL C** 2:15PM - 3:15PM

**DETOX TWIST JILL C** 3:30PM - 4:30PM

**YOGA STRETCH MICHIKO** 3:30PM - 4:30PM

-SPECIALTY-FLOATING **SOUND BATH JESSLYNL** 5:15PM - 6:30PM



PARTNER OF UNION YOGA AYURVEDA

## 15-21 JUL 2024 SCHEDULE