































Your healthiest and best relationships begin after you master your own self-care.

MON	TUE	WED	THU	FRI	SAT	SUN
2  <p>DEEPEN YOUR BACKBEND 20 MIN</p>	3  <p>30 MIN YOGA TWISTS ENERGIZE • DETOX</p>	4  <p>20 MIN MORNING YOGA FLOW</p>	5  <p>POWER YOGA FLOW 40 MIN</p>	6  <p>30 MIN FLEXIBILITY YOGA FULL BODY FLOW</p>	7  <p>NEW CLASS!</p>	8  <p>MORNING YOGA FOR ENERGY 15 MIN</p>
9  <p>ADVANCED YOGA CLASS 45 MIN</p>	10  <p>DEEP HIPS VINYASA TO VIN YOGA 45 MIN</p>	11  <p>20 MIN FEEL GOOD YOGA FLOW</p>	12  <p>20 MIN YOGA BALANCE MIND • BODY</p>	13  <p>30 MIN YOGA CORE! FIRED UP ABS!</p>	14  <p>NEW CLASS!</p>	15  <p>POWER YOGA 20 MIN</p>
16  <p>FLEXIBILITY SLOW FLOW YOGA 20 MIN</p>	17  <p>30 MIN HAPPY HIPS YOGA FLOW</p>	18  <p>SHOULDER STRETCH 10 MIN 15 MIN FLEXIBILITY HAPPY FULL BODY YOGA</p>	19  <p>40 MIN ADVANCED YOGA FLOW</p>	20  <p>25 MIN YOGA FOR SPLITS</p>	21  <p>NEW CLASS!</p>	22  <p>20 MIN FLEXIBILITY WARMING YOGA</p>
23  <p>PLAYFUL VINYASA YOGA 40 MIN</p>	24  <p>CORE BURNER YOGA 20 MIN</p>	25  <p>30 MIN CONFIDENCE FOR MENTAL STRENGTH</p>	26  <p>30 MINS HEART-CENTERED YOGA FLOW</p>	27  <p>INTERMEDIATE PLAYFUL YOGA 25 MIN</p>	28  <p>NEW CLASS!</p>	29  <p>YIN YOGA DEEP RELAX 35 MIN</p>
30  <p>25 MIN NECK • SHOULDERS AND BACK YOGA</p>	31  <p>30 MIN YOGA FOR RUNNERS</p>	1	2	3	4	5

