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Sunday	Monday	Tuesday		Thursday		Saturday
					1 **8:30a**: Flow Yoga -CS **10:00a**: Easy Flow -EE **12:00p**: Slow Flow Yoga-JB	2 **9:00a**: $5 Yoga - AV
3 **9:00a**: $5 Flow Yoga -CS	4 **10:00a**: Easy Flow -JB **7:00p**:Flow Yoga - CS	5 **10:00a**: Gentle Yoga - SS **5:30p**: $5 Yoga - SB	6 **12:10p**: 40 minute flow-SS	7 **10:00a**: Slow Flow Yoga CS **5:30p**: Vinyasa Yoga -AV	8 **8:30a**: Flow Yoga -CS **10:00a**: Easy Flow -JB **12:00p**: Slow Flow Yoga-JB	9 **9:00a**: $5 Yoga - SB
10 **9:00a**:$5 Flow Yoga -CS	11 **10:00a**: Easy Flow -JB **7:00p**:Flow Yoga - CS	12 **10:00a**: Gentle Yoga - SS **5:30p**: $5 Yoga - JB	13 **12:10p**: 40 minute flow-SS **5:30p**: Partner Yoga -SB	14 **10:00a**: Slow Flow Yoga **5:30p**: Vinyasa Yoga -AV **6:30-8:30p**:Game Night!	15 **8:30a**: Flow Yoga -CS **10:00a**: Easy Flow -EE **12:00p**: Slow Flow Yoga-JB	16 **9:00a**: $5 Yoga - SS
17 **9:00a**:$5 Flow Yoga -CS **3:30p**: Gemstone Grounding : Create a custom bracelet - CS	18 **10:00a**: Easy Flow -EE **7:00p**:Flow Yoga - CS	19 **10:00a**: Gentle Yoga - SS **5:30p**: $5 Yoga - EE	20 **12:10p**: 40 minute flow-SS	21 **10:00a**: Slow Flow Yoga CS **5:30p**: Vinyasa Yoga -AV	22 **8:30a**: Flow Yoga -CS **10:00a**: Easy Flow -JB **12:00p**: Slow Flow Yoga-JB	23 **9:00a**: $5 Yoga - JB
24 **9:00a**:$5 Flow Yoga -CS	25 **10:00a**: Easy Flow -CS **4p**: Yoga Play & Breathing for KIDS - CS **5:30p**: Yoga for Scoliosis Support - CS **7:00p**:Flow Yoga - CS	26 **10:00a**: Gentle Yoga - SS **5:30p**: $5 Yoga - SS	27 **10:00a**: Chair Yoga -EE **12:10p**: 40 minute flow-SS **5:30p**: Healing Touch Yin - SB	28 **10:00a**: Slow Flow Yoga CS **5:30p**: Vinyasa Yoga -AV		

<u>Instructors denoted by initials :</u> AK - Ashley Valot, EE - Emily Eckhart, CS - Christy Stempky, JB - Jesica Bunker, SB - Shawn Burtch, SS - Shaney Sangster