

July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Studio Closed Canada Day	2 8:55-10:30 Pamela Yin Yoga 12:00-1:00 Betsy Gentle Kripalu Yoga 5:15-6:15 Cynthia Yin Yoga	3
4	5 6:00-7:00 Beth O Flow 7:30-8:30 Beth O Flow	6 11:00-12:15 Pamela Yin 6:30-7:30 Beth W Flow	7 11:00-12:15 Margo Chair Yoga 6:30-7:30 Beth O Flow	8 12:15-12:45 Shiona Meditation@Noon 3:00-4:15 Pamela Yin	9 8:55-10:30 Pamela Yin Yoga 12:00-1:00 Betsy Gentle Kripalu Yoga 5:15-6:15 Cynthia Yin Yoga	10
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18	19 6:00-7:00 Beth O Flow 7:30-8:30 Beth O Flow	20 6:30-7:30 Beth W Flow	21 11:00-12:15 Margo Chair Yoga 6:30-7:30 Beth O Flow	22 12:15-12:45 Shiona Meditation@Noon 6:30-7:30 Betsy Flow	23 12:00-1:00 Betsy Gentle Kripalu Yoga 5:15-6:15 Cynthia Yin Yoga	24
25	26 6:00-7:00 Beth O Flow 7:30-8:30 Beth O Flow	27	28 11:00-12:15 Margo Chair Yoga 6:30-7:30 Beth O Flow	29	30 12:00-1:00 Betsy Gentle Kripalu Yoga 5:15-6:15 Cynthia Yin Yoga	31

