

# Village Yoga

# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 No Classes	3 9:15a Foundations 10:30a Ashtanga
4 9:00a FireFlow 10:15a YinYasa 4:00p Yin + Meditation	5 9:30a FireFlow 6:15p All Levels 7:30p Yin	6 8:30a Yoga + Meditation 6:00p Align + Flow	7 12:00p All Levels 7:30p Restorative	8 6:00p Align + Strengthen 7:15p All Levels	9 No Classes	10 9:15a Foundations 10:30a Ashtanga
11 9:00a FireFlow 10:15a YinYasa 4:00p Yin + Meditation	12 9:30a FireFlow 6:15p All Levels 7:30p Yin	13 8:30a Yoga + Meditation 6:00p Align + Flow	14 12:00p All Levels <b>6:30p Full Moon Pop- up Class</b> 7:45p Restorative	15 9:30a Foundations 6:00p Align + Strengthen 7:15p All Levels	16 No Classes	17 <b>OPEN HOUSE</b> Free Classes from 9am – 4pm
18 9:00a FireFlow 10:15a YinYasa 4:00p Yin + Meditation	19 9:30a FireFlow 11a Gentle Yoga 4:45p Kids Yoga 6:15p All Levels 7:30p Yin	20 8:30a Yoga + Meditation 6:00p Align + Flow	21 12:00p All Levels 7:30p Restorative	22 9:30a Foundations 6:00p Align + Strengthen 7:15p All Levels	23 No Classes	24 9:15a Foundations 10:30a Ashtanga
25 9:00a FireFlow 10:15a YinYasa <b>2:00p Beginner Series</b> 4:00p Yin + Meditation	26 9:30a FireFlow 11a Gentle Yoga 4:45p Kids Yoga 6:15p All Levels 7:30p Yin	27 8:30a Yoga + Meditation 6:00p Align + Flow	28 12:00p All Levels 7:30p Restorative	29 9:30a Foundations 6:00p Align + Strengthen 7:15p All Levels	30 No Classes	31 9:15a Foundations 10:30a Ashtanga

