

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Mixed Level 9 am (Mindy) SUP Yoga* 10 am (Danna) YTT 300
2 Restorative 11am (Mindy) YTT 300	3 Kundalini 10 am (Isaac) Vinyasa Flow 610 pm (Sarah)	4 Morning Flow 10 am (Martha) Lengthen and Strengthen Flow 610 pm (Martha)	5 Align and Flow 10 am (Sarah) Make A Joyful Noise Donation only 610 pm (Ben)	6 Power Slow Flow 10 am (Mindy) Workday Wind Down 610 pm (Mindy)	7 Yoga Basics 10 am (Mindy)	8 Kundalini 10 am (Isaac)
9 Yin 11am (Mindy)	10 Kundalini 10 am (Isaac) Vinyasa Flow 610 pm (Sarah)	11 Alignment 610 pm (Mindy)	12 Align and Flow 10 am (Sarah) Kundalini 610 pm (Isaac)	13 Power Slow Flow 10 am (Danna) Workday Wind Down 610 pm (Danna)	14 Yoga Basics 10 am (Danna) SUP Yoga 530 pm * (Danna)	15 Hatha 9 am (Cassie) Intro to Meditation 1030 am (Cassie)
16 Happy Father's Day No classes	17 Vinyasa Flow 610 pm (Sarah)	18 Morning Flow 10 am (Martha) Lengthen and Strengthen Flow 610 pm (Martha)	19 SUP Yoga 930 am *(Danna) Align and Flow 10 am (Susie) Yoga Nidra 610 pm (Danna)	20 Power Slow Flow 10 am (Danna) Workday Wind Down 610 pm (Danna)	21 Yoga Basics 10 am (Mindy) Kundalini inspired Flow 610 pm (Mindy) YTT 200	22 Alignment 10 am (Mindy) YTT 200
23 Yin 11 am (Mindy)	24 Kundalini 10 am (Isaac) Vinyasa Flow 610 pm (Sarah)	25 Morning Flow 10 am (Martha) Lengthen and Strengthen Flow 610 pm (Martha)	26 SUP Yoga 930 am *(Danna) Mixed Level 10 am (Mindy) Kundalini 610 pm (Isaac)	27 Power Slow Flow 10 am (Danna) Workday Wind Down 610 pm (Danna)	28 Yoga Basics 10 am (Danna) SUP Yoga 530 pm * (Danna)	29 Hatha 9 am (Cassie) Intro to Meditation 1030 am (Cassie)
30 Restorative 11 am (Danna)	<p>* SUP Yoga classes require pre-registration. Minimum of 3 people for class. All classes meet at Lake Zwerner boat dock. You must be able to swim. See Danna for more info. If you have never tried it, it is super fun!</p>					