

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>10am</b> Vinyasa Flow Yoga <b>12pm</b> Activating Flow Yoga <b>6:30pm</b> Mindful Movement Yoga	<b>10am</b> Activating Flow Yoga <b>6:30pm</b> Kripalu Yoga & Sound <b>6:30pm</b> Meditation & Breathwork (ZG) <b>8pm</b> Slow Flow Healing Yoga	<b>9am</b> Yoga Vinyasa Flow En Espanol <b>12pm</b> Vinyasa Healing Yoga <b>6pm</b> Kripalu Yoga & Sound <b>7:30pm</b> Kundalini Yoga	<b>10am</b> Yoga Vinyasa Flow En Espanol <b>6:30pm</b> Yin Yoga	<b>10am</b> Meditation <b>10am</b> Vinyasa Yoga <b>11:30am</b> Slow Flow Healing Yoga	<b>10am</b> Meditacion En Espanol <b>10am</b> Stretch & Flow Yoga <b>11:15am</b> Yoga Vinyasa Flow En Espanol <b>6pm</b> Sunset Yoga
<b>10am</b> Hatha Yoga <b>5:30pm</b> Kids Yoga <b>5:30pm</b> Qigong <b>6:30pm</b> Yoga	<b>10am</b> Vinyasa Flow Yoga <b>12pm</b> Activating Flow Yoga <b>6:30pm</b> Mindful Movement Yoga <b>8pm</b> Full Noom Ceremony with Lily	<b>10am</b> Activating Flow Yoga <b>6:30pm</b> Kripalu Yoga & Sound <b>6:30pm</b> Meditation & Breathwork (ZG) <b>8pm</b> Slow Flow Healing Yoga <b>8pm</b> Full Moon Ceremony with Maya	<b>9am</b> Yoga Vinyasa Flow En Espanol <b>12pm</b> Vinyasa Healing Yoga <b>6pm</b> Kripalu Yoga & Sound <b>7:30pm</b> Kundalini Yoga	<b>10am</b> Yoga Vinyasa Flow En Espanol <b>6:30pm</b> Yin Yoga	<b>10am</b> Meditation <b>10am</b> Vinyasa Yoga <b>11:30am</b> Slow Flow Healing Yoga <b>1:45pm</b> Arm Balance Workshop <b>2pm</b> Cacao ceremony with Zuly (ZG)	<b>10am</b> Meditacion En Espanol <b>10am</b> Stretch & Flow Yoga <b>11:15am</b> Yoga Vinyasa Flow En Espanol <b>6pm</b> Sunset Yoga
<b>10am</b> Hatha Yoga <b>5:30pm</b> Kids Yoga <b>5:30pm</b> Qigong <b>6:30pm</b> Yoga	<b>10am</b> Vinyasa Flow Yoga <b>12pm</b> Activating Flow Yoga <b>6:30pm</b> Mindful Movement Yoga	<b>10am</b> Activating Flow Yoga <b>6:30pm</b> Kripalu Yoga & Sound <b>6:30pm</b> Meditation & Breathwork (ZG) <b>8pm</b> Slow Flow Healing Yoga	<b>9am</b> Yoga Vinyasa Flow En Espanol <b>12pm</b> Vinyasa Healing Yoga <b>6pm</b> Kripalu Yoga & Sound <b>7:30pm</b> Kundalini Yoga	<b>10am</b> Yoga Vinyasa Flow En Espanol <b>6:30pm</b> Yin Yoga	<b>10am</b> Meditation <b>10am</b> Vinyasa Yoga <b>11:30am</b> Slow Flow Healing Yoga <b>6:30pm</b> Sound Healing en Espanol	<b>10am</b> Meditacion En Espanol <b>10am</b> Stretch & Flow Yoga <b>11:15am</b> Yoga Vinyasa Flow En Espanol <b>6pm</b> Sunset Yoga
<b>10am</b> Hatha Yoga <b>5:30pm</b> Kids Yoga <b>5:30pm</b> Qigong <b>6:30pm</b> Yoga	<b>10am</b> Vinyasa Flow Yoga <b>12pm</b> Activating Flow Yoga <b>6:30pm</b> Mindful Movement Yoga	<b>10am</b> Activating Flow Yoga <b>6:30pm</b> Kripalu Yoga & Sound <b>6:30pm</b> Meditation & Breathwork (ZG) <b>8pm</b> Slow Flow Healing Yoga	<b>9am</b> Yoga Vinyasa Flow En Espanol <b>12pm</b> Vinyasa Healing Yoga <b>6pm</b> Kripalu Yoga & Sound <b>7:30pm</b> Kundalini Yoga	<b>10am</b> Yoga Vinyasa Flow En Espanol <b>6:30pm</b> Yin Yoga	<b>10am</b> Meditation <b>10am</b> Vinyasa Yoga <b>11:30am</b> Slow Flow Healing Yoga	<b>10am</b> Meditacion En Espanol <b>10am</b> Stretch & Flow Yoga <b>11:15am</b> Yoga Vinyasa Flow En Espanol <b>6pm</b> Sunset Yoga
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