

<b>June - August Rise &amp; Grind</b>				
<b>Date</b>	<b>Day</b>	<b>Class</b>	<b>Time</b>	<b>Instructor</b>
6/1/2024	Saturday	Rise & Grind	8am	Leanne
6/8/2024	Saturday	Rise & Grind	8am	Tonja
6/15/2024	Saturday	Rise & Grind	8am	Allyson
6/22/2024	Saturday	Rise & Grind	8am	Kristi S.
6/29/2024	Saturday	Rise & Grind	8am	Kristi T.
7/6/2024	Saturday	Rise & Grind	8am	Allyson
7/13/2024	Saturday	Rise & Grind	8am	Tonja
7/20/2024	Saturday	Rise & Grind	8am	Kristi S.
7/27/2024	Saturday	Rise & Grind	8am	Kristi S.
8/3/2024	Saturday	Rise & Grind	8am	Allyson
8/10/2024	Saturday	Rise & Grind	8am	Kristi T.
8/17/2024	Saturday	Rise & Grind	8am	Jill
8/24/2024	Saturday	Rise & Grind	8am	Tonja
8/31/2024	Saturday	Rise & Grind	8am	Kristi T.

<b>June - August Tuesday Hatha Flow Yoga</b>				
6/4/2024	Tuesday	Hatha Flow Yoga	7pm	Teresa
6/11/2024	Tuesday	Hatha Flow Yoga	7pm	Kelly
6/18/2024	Tuesday	Hatha Flow Yoga	7pm	Jill
6/25/2024	Tuesday	Hatha Flow Yoga	7pm	Teresa
7/2/2024	Tuesday	Hatha Flow Yoga	7pm	Jill
7/9/2024	Tuesday	Hatha Flow Yoga	7pm	Kelly
7/16/2024	Tuesday	Hatha Flow Yoga	7pm	Teresa
7/23/2024	Tuesday	Hatha Flow Yoga	7pm	Kelly
7/30/2024	Tuesday	Hatha Flow Yoga	7pm	Jill
8/6/2024	Tuesday	Hatha Flow Yoga	7pm	FACILITY CLOSURE - NO CLASS
8/13/2024	Tuesday	Hatha Flow Yoga	7pm	Kelly
8/20/2024	Tuesday	Hatha Flow Yoga	7pm	Jill
8/27/2024	Tuesday	Hatha Flow Yoga	7pm	Teresa

<b>June - August Sunday Hatha Flow Yoga</b>				
6/9/2024	Sunday	Hatha Flow Yoga	10am	Courtney
6/16/2024	Sunday	Hatha Flow Yoga	10am	Kelly
6/23/2024	Sunday	Hatha Flow Yoga	10am	Courtney
6/30/2024	Sunday	Hatha Flow Yoga	10am	Kelly
7/7/2024	Sunday	Hatha Flow Yoga	10am	Kelly
7/14/2024	Sunday	Hatha Flow Yoga	10am	Courtney
7/21/2024	Sunday	Hatha Flow Yoga	10am	Kelly
7/28/2024	Sunday	Hatha Flow Yoga	10am	Courtney
8/4/2024	Sunday	Hatha Flow Yoga	10am	Kelly
8/11/2024	Sunday	Hatha Flow Yoga	10am	Courtney
8/18/2024	Sunday	Hatha Flow Yoga	10am	Kelly
8/25/2024	Sunday	Hatha Flow Yoga	10am	Courtney