

July 2024

July 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	Independence Day 4	5	6
	6:30-7:15am Day Break with Sara	10:30-11:30pm Shine Strength and Stability with COURTNEY	6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	
	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30pm Kundalini Yoga with CONNIE	10:30-11:30am Shine Classic with AMANDA		10:30-11:30am Shine Classic with AMANDA	10:30-11:30 Flow to Rest with SARA
	5:15-6:15pm Shine Classic with AMANDA	6:15-7:15pm Shine Gentle and MFR with AMANDA	5:15-6:15pm Somatic Yoga with ERIN		One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM
			7:00-8:00pm Reiki			
7	8	9	10	11	12	13
10:30-11:30am Sara's Restorative with SARA	6:30-7:15am Day Break with Sara	10:30-11:30pm Shine Strength and Stability with COURTNEY	6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	
One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30pm Kundalini Yoga with CONNIE	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Flow to Rest with SARA
	5:15-6:15pm Shine Classic with AMANDA	6:15-7:15pm Shine Gentle and MFR with AMANDA	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE	AYTT Module 3 6-8PM	AYTT Module 3 10:30-5:30PM
			7:00-8:00pm Reiki Restorative with BARB			
14	15	16	17	18	19	20
10:30-11:30am Sara's Restorative with SARA	6:30-7:15am Day Break with SARA	10:30-11:30 Shine Strength and Stability with COURTNEY	6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	
AYTT Module 3 10:30-5:30	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30 pm Kundalini Flow with CONNIE	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Flow to Rest with SARA
One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM		6:15-7:15pm Shine Gentle and MFR with AMANDA	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE	One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM
	5:15-6:15 Shine Classic with AMANDA	AYTT Module 3 7-9PM	7:00-8:00pm Reiki Restorative with BARB			
21	22	23	24	25	26	27
10:30-11:30am Sara's Restorative with SARA	6:30-7:15am Day Break with Sara	10:30-11:30am Shine Strength and Stability with COURTNEY	6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	

One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30pm Kundalini Flow with CONNIE	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Flow to Rest with SARA
	5:15-6:15 Shine Classic with AMANDA	6:15-7:15pm Shine Gentle and MFR with AMANDA	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE	Yoga for a Healing Heart the Jack G Rogers Foundation	
		AYTT Module 3 7-9PM	7:00-8:00pm Reiki Restorative with BARB		One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM
28	29	30	31			
10:30-11:30am Sara's Restorative with SARA	6:30-7:15am Day Break with Sara	10:30-11:30am Shine Strength and Stability with COURTNEY	6:30-7:15am Day Break with SARA			
One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30pm Kundalini Flow with CONNIE	10:30-11:30am Shine Classic with AMANDA			
	5:15-6:15pm Shine Classic with AMANDA	6:15-7:15pm Shine Gentle and MFR with AMANDA	5:15-6:15pm Somatic Yoga with ERIN			
		AYTT Module 3 7-9PM	7:00-8:00pm Reiki Restorative with BARB			