

January 2026

January 2026

Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 28 - Jan 3	Dec 28	29	30	31	Jan 1, 26	2	3
Jan 4 - 10	4	5	6	7	8	9	10
Jan 11 - 17	11	12	13	14	15	16	17
Jan 18 - 24	18	19	20	21	22	23	24
Jan 25 - 31	25	26	27	28	29	30	31

9:00am Yoga All Levels
10:45am Gentle Yoga
12:00pm 1ST Tuesday Meditation
4:30pm Gentle Yoga - A

9:00am Yoga All Levels
10:45am Gentle Yoga
4:30pm Gentle Yoga - A

9:00am Yoga All Levels
10:45am Gentle Yoga
4:30pm Gentle Yoga - A

9:00am Yoga All Levels
10:45am Gentle Yoga
4:30pm Gentle Yoga - A

HAPPY NEW YEAR!

NO CLASS TODAY

9:00am YOGA FLOW - A

9:00am YOGA FLOW - A

NO CLASSES TODAY

9:00am YOGA FLOW - A

9:00am YOGA FLOW - A

9:00am YOGA FLOW - A