

THE ZEN ZONE

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 5:20-6 Meditation 6:30-8 Restorative (sign-up)	27 12:10-12:50 Active Flow 6-7 Detox Yoga 7:30-8:30 Warm	28 6:30-7:30 AM Flow 9:30-10:30 Yin 12:10-12:50 Core 5:45-6:45 The Feels 7:15-8:30 Power Flow	29 12:10-12:50 Flow 5:30-6:45 Grow with the Flow 7:15-8:30 Yin	30 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips	31 12:10-12:50 Gentle Flow 5:30-6:30 Yin	1 9:30-10:30 Warm 11-12 Flow
2 5:30-6 Meditation 6:30-8 Restorative (sign-up)	3 12:10-12:50 Active Flow 5:30-6:30 Detox 7:00-8:00 Warm	4 6:30-7:30 AM Flow 9:30-10:30 Yin 12:10-12:50 Core 5:30-6:30 The Feels 7:00-8:00 Power	5 12:10-12:50 Flow 5:30-6:30 Yoga Booty 7:00-8:00 Yin	6 12:10-12:50 Core 5:30-6:30 The Feels 7:00-8:00 Hot Hips	7 12:10-12:50 Gentle Flow 5:30-6:30 Yin	8 9:30-10:30 Warm 11-12 Flow
9 5:30-6 Meditation 6:30-8 Restorative (sign-up)	10 12:10-12:50 Active Flow 5:30-6:30 Detox 7:00-8:00 Warm	11 6:30-7:30 AM Flow 9:30-10:30 Yin 12:10-12:50 Core 5:30-6:30 The Feels 7:00-8:00 Power	12 12:10-12:50 Flow 5:30-6:30 Yoga Booty 7:00-8:00 Yin	13 12:10-12:50 Core 5:30-6:30 The Feels 7:00-8:00 Hot Hips	14 12:10-12:50 Gentle Flow 5:30-6:30 Yin	15 9:30-10:30 Warm 11-12 Flow
16 5:30-6 Meditation 6:30-8 Restorative (sign-up)	17 12:10-12:50 Active Flow 5:30-6:30 Detox 7:00-8:00 Warm	18 6:30-7:30 AM Flow 9:30-10:30 Yin 12:10-12:50 Core 5:30-6:30 The Feels 7:00-8:00 Power	19 12:10-12:50 Flow 5:30-6:30 Yoga Booty 7:00-8:00 Yin	20 12:10-12:50 Core 5:30-6:30 The Feels 7:00-8:00 Hot Hips	21 12:10-12:50 Gentle Flow 5:30-6:30 Yin	22 9:30-10:30 Warm 11-12 Flow
23 5:30-6 Meditation 6:30-8 Restorative (sign-up)	24 12:10-12:50 Active Flow 5:30-6:30 Detox 7:00-8:00 Warm	25 6:30-7:30 AM Flow 9:30-10:30 Yin 12:10-12:50 Core 5:30-6:30 The Feels 7:00-8:00 Power	26 12:10-12:50 Flow 5:30-6:30 Yoga Booty 7:00-8:00 Yin	27 12:10-12:50 Core 5:30-6:30 The Feels 7:00-8:00 Hot Hips	28 12:10-12:50 Gentle Flow 5:30-6:30 Yin	29 CLOSED
30 CLOSED	1 HAPPY CANADA DAY CLOSED					