



JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED	2 9AM Hatha Yoga 6PM Slow Flow	3 10AM Fire Flow 5:30PM YIN Yoga	4 10AM Namaste Yoga
5 9:30AM YIN Yoga	6 10AM Hearts & Hips 6PM KIDS YOGA 6PM COSMO FLOW 7PM Indigenous Drumming Meditation	7 9AM Hatha Yoga 5:30PM HOT YOGA	8 6PM Yoga 101 6pm Restorative	9 9AM Hatha Yoga 6PM Slow Flow	10 10AM Fire Flow 5:30PM YIN Yoga	11 10AM Namaste Yoga 1PM DIY 2025 Oracle Jar
12 9:30AM YIN Yoga	13 10AM Hearts & Hips 6PM KIDS YOGA 6PM Cosmo Flow 7PM Indigenous Drumming Meditation	14 9AM Hatha Yoga 5:30PM HOT YOGA	15 6PM Yoga 101 6PM Restorative	16 9AM Hatha Yoga 6PM Slow Flow	17 10AM Fire Flow 5:30PM YIN Yoga	18 10AM Namaste Yoga
19 9:30AM YIN Yoga 11AM Team Mtg.	20 10AM Hearts & Hips 6PM KIDS YOGA 6PM Cosmo FLOW 7PM FULL MOON in Cancer Ceremony	21 9AM Hatha Yoga 5:30PM HOT YOGA	22 6PM Yoga 101 6PM Restorative	23 9AM Hatha Yoga 6PM Slow Flow	24 10AM Fire Flow 5:30PM YIN Yoga	25 10AM Namaste Yoga 12-4PM MYSTIC FAIR
26 9:30AM YIN Yoga	27 10AM Hearts & Hips 6PM KIDS YOGA 6PM Cosmo Flow 7PM Indigenous Drumming Meditation	28 9AM Hatha Yoga 5:30PM HOT YOGA	29 6PM Yoga 101 6PM NEW MOON in Aquarius Ceremony	30 9AM Hatha Yoga 6PM Slow Flow	31 10AM Fire Flow 5:30PM YIN Yoga	

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