

INSPIRE YOGA STUDIO SCHEDULE

JUNE 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1 12:00-12:45pm Beginner Yoga w/ Sue 6:30-7:30pm Yin Yang Yoga w/ Leah	2 12:00-12:45pm Gentle Yoga w/ Emily 1:30-2:15pm Chair Yoga w/ Emily 6:30-7:30pm Aerial Yoga w/ Emily 8:00-9:00pm Candlelight Yin w/ Leah	3	4 9:30-10:30am Flow Yoga w/ Emily 11:00-12:00pm Restorative Yoga w/ Emily 12:30-1:30pm Aerial Yoga w/ Emily 2:00-3:00pm Aerial Float w/ Emily
5	6 7:00-8:00pm All Levels Flow w/ Leah	7 1:30-2:15pm Chair Yoga w/ Sue 6:30-7:30pm Candlelight Yin w/ Leah	8 12:00-12:45pm Beginner Yoga w/ Sue 6:30-7:30pm Yin Yang Yoga w/ Leah	9 12:00-12:45pm Gentle Yoga w/ Emily 1:30-2:15pm Chair Yoga w/ Emily 6:30-7:30pm Aerial Yoga w/ Emily 8:00-9:00pm Candlelight Yin w/ Emily	10	11 9:30-10:30am Flow Yoga w/ Emily 11:00-12:00pm Restorative Yoga w/ Emily 12:30-1:30pm Aerial Yoga w/ Emily 2:00-3:00pm Aerial Float w/ Emily
12 9:30-11:30am Yoga for Handstands 12:00-2:00pm Wheel Yoga Workshop	13 7:00-8:00pm All Levels Flow w/ Laura	14 1:30-2:15pm Chair Yoga w/ Sue 6:30-7:30pm Candlelight Yin w/ Leah	15 12:00-12:45pm Beginner Yoga w/ Sue 6:30-7:30pm Yin Yang Yoga w/ Leah	16 12:00-12:45pm Gentle Yoga w/ Emily 1:30-2:15pm Chair Yoga w/ Emily 6:30-7:30pm Aerial Yoga w/ Emily 8:00-9:00pm Candlelight Yin w/ Leah	17	18 9:30-10:30am Flow Yoga w/ Emily 11:00-12:00pm Restorative Yoga w/ Emily 12:30-1:30pm Aerial Yoga w/ Emily 2:00-3:00pm Aerial Float w/ Emily
19	20 7:00-8:00pm All Levels Flow w/ Leah	21 1:30-2:15pm Chair Yoga w/ Sue 6:30-7:30pm Candlelight Yin w/ Leah	22 12:00-12:45pm Beginner Yoga w/ Sue 6:30-7:30pm Yin Yang Yoga w/ Leah	23 12:00-12:45pm Gentle Yoga w/ Emily 1:30-2:15pm Chair Yoga w/ Emily 6:30-7:30pm Aerial Yoga w/ Emily 8:00-9:00pm Candlelight Yin w/ Emily	24	25 9:30-10:30am Flow Yoga w/ Emily 11:00-12:00pm Restorative Yoga w/ Emily 12:30-1:30pm Aerial Yoga w/ Emily 2:00-3:00pm Aerial Float w/ Emily
26	27 7:00-8:00pm All Levels Flow w/ Laura	28 1:30-2:15pm Chair Yoga w/ Sue 6:30-7:30pm Candlelight Yin w/ Emily	29 12:00-12:45pm Beginner Yoga w/ Sue 6:30-7:30pm Yin Yang Yoga w/ Leah	30 12:00-12:45pm Gentle Yoga w/ Emily 1:30-2:15pm Chair Yoga w/ Emily 6:30-7:30pm Aerial Yoga w/ Emily 8:00-9:00pm Candlelight Yin w/ Leah		

Sign up on MindBody app or Visit www.livebreatheinspire.com