

# Trax Yoga June - August 2018 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30 – 10:30am <b>Vinyasa Flow</b> Meghan	9:30 – 10:30am <b>\$7 Hot Yoga</b> Mike	9:30 – 10:30am <b>Vinyasa Flow</b> Margot	9:30 – 10:30am <b>Vinyasa Power Hour</b> Dee	10:30 – 11:30am <b>Primary Flow</b> Phoebe	9:30 – 10:30am <b>\$7 Sunday Salutations</b> Dee
12:00 – 1:00pm <b>Mat Pilates</b> Sue			12:00 – 1:00pm <b>Mat Pilates</b> Sue		12:00 – 1:00pm <b>Vin to Yin</b> Emily	
						2:00 to 3pm <b>Vin to Yin</b> Emily
5:45 – 6:45pm <b>Vinyasa Flow</b> Kathleen	5:45 – 6:45pm <b>Vinyasa Power Hour</b> Dee	5:45 – 6:45pm <b>Vinyasa Flow</b> Emily	5:45 – 6:45pm <b>Vinyasa Power Hour</b> Meghan			
	6:30 – 7:15pm <b>Gentle Restorative Yoga (45 minutes)</b> Kristin	6:30 – 7:15pm <b>Relaxation Yoga (45 minutes)</b> Kim				