

THE BARRE+YOGA ROOM July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:30 am PULSE 30 6:30 pm Hot Flow	2 9:30 am Hot Flow 5:30 pm Gentle Yoga 6:30 pm Buti Yoga	3 5:30 am Barre Xpress	4 HAPPY 4 th OF JULY No Classes
5	6 5:30 am Flow+Core	7 9:30 am Barre+Yoga 6:30 pm Barre+Yoga	8 5:30 am PULSE 30 6:30 pm Hot Flow	9 9:30 am Hot Flow 5:30 pm Gentle Yoga 6:30 pm Buti Yoga	10 5:30 am Barre Xpress	11 8:30 am All Levels Flow
12	13 5:30 am Flow+Core	14 9:30 am Barre+Yoga 6:30 pm Barre+Yoga	15 5:30 am PULSE 30 6:30 pm Hot Flow	16 9:30 am Hot Flow 5:30 pm Gentle Yoga 6:30 pm Buti Yoga	17 5:30 am Barre Xpress	18 8:30 am Barre+Yoga
19	20 5:30 am Flow+Core	21 9:30 am Barre+Yoga 6:30 pm Barre+Yoga	22 5:30 am PULSE 30 6:30 pm Hot Flow	23 9:30 am Hot Flow 5:30 pm Gentle Yoga 6:30 pm Buti Yoga	24 5:30 am Barre Xpress	25 8:30 am Hot Buti Yoga
26	27 5:30 am Flow+Core	28 9:30 am Barre+Yoga 6:30 pm Barre+Yoga	29 5:30 am PULSE 30 6:30 pm Hot Flow	30 9:30 am Hot Flow 5:30 pm Gentle Yoga 6:30 pm Buti Yoga	31 5:30 am Barre Xpress	

EXTRAS

LIVE CLASSES

The following will continue to be LIVE
 All 5:30 am classes
 Thursday Gentle Yoga
 Thursday Buti Yoga

VIRTUAL STUDIO

The existing videos will remain available this month; at the end of the month we will be transitioning the virtual studio for fall to a newer platform—bear with us, and view while you can!

SERIES

LIVE at Lunch with Michelle
 12:15-12:45 pm
 \$10 drop in (\$5 for members) or \$40 for all 5 weeks