



MONDAY

10:00 – 11:15 FLOW FUSION
11:30 – 12:45 GENTLE
5:45 – 6:45 VINYASA
7:00 – 8:15 CORE & RESTORE

TUESDAY

9:00 – 10:15 POWER YOGA
10:30 – 11:30 SUPER STRETCH
4:00 – 5:15 HAPPY HIPS & BACK
5:30 – 6:45 EASY FLOW W/ SOUND BATH
7:00 – 8:15 WARM FLOW FUSION

WEDNESDAY

7:00 – 8:00 HOT EMPOWER MORNING FLOW
9:00 – 10:00 HOT MAT PILATES
10:30 – 11:30 WARM FLOW FUSION
5:45 – 7:00 YOGA FOR STRESS RELIEF
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

THURSDAY

9:00 – 10:15 HAPPY HIPS & BACK
10:30 – 11:45 GENTLE
4:00 – 5:15 SUPER STRETCH
5:30 – 6:30 VINYASA
6:45 – 8:00 WEIGHTLESS AERIAL YOGA

FRIDAY

7:15 – 8:15 EMPOWER MORNING FLOW
9:30 – 10:45 TGIF YOGA
11:00 – 12:15 SUPER STRETCH
5:15 – 6:15 VINYASA
6:30 – 7:30 YOGAJUANA

SATURDAY

8:30 – 9:30 HOT YOGA
10:00 – 11:00 WARM YIN YOGA – DEEP STRETCH
11:15 – 12:45 HATHA & FASCIA YOGA
12:45 – 2:00 WEIGHTLESS AERIAL YOGA

SUNDAY

10:00 – 11:15 WARM FLOW FUSION
12:00 – 1:15 YIN YOGA – DEEP STRETCH
4:00 – 5:30 ASHTANGA YOGA *WARM
6:00 – 7:15 CANDLELIT RELIEF & RESTORATIVE

JULY 2026 SCHEDULE

& SPECIAL EVENTS/WORKSHOPS

Weightless Bliss: A Floating Sound Bath

Meditation with Francesca

When: Saturday, July 11th

Time: 3:00 – 4:15 pm OR

4:30 – 5:45 pm

Cost: \$30

Meet & Practice with The Author, LaMor

New book *Exploring the Koshas in Yoga Therapy:*

*An Embodied Approach for Client and
Classroom.*

When: Saturday, July 18th

Time: 3:00 – 5:00pm

Cost: \$40 (\$35 if registered before 07/11)

***2 YA CEUs available**

30 Practice Yoga Challenge

July 1st – August 8th

Accept the challenge and a chance for
\$50 Yoga House CASH!

