



VIRTUAL GROUP FITNESS

SUMMER 2022 ● AUGUST 1 – 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Yoga Flow 5:00 pm – 6:00 pm Ismini</p> <p><u>Click HERE for Yoga Flow on 9/6/22</u></p> <p><u>Click HERE for Yoga Flow on 9/13/22</u></p> <p><u>Click HERE for Yoga Flow on 9/20/22</u></p> <p><u>Click HERE for Yoga Flow on 9/27/22</u></p>	<p>Ashtanga Yoga 9:15 am – 10:15 am Ismini</p> <p><u>Click HERE for Ashtanga Yoga on 9/7/22</u></p> <p><u>Click HERE for Ashtanga Yoga on 9/14/22</u></p> <p><u>Click HERE for Ashtanga Yoga on 9/21/22</u></p> <p><u>Click HERE for Ashtanga Yoga on 9/28/22</u></p>		