

July Schedule

Monday

9:00 - 10:15 am	All Level Yoga	Kelly
6:00 - 7:30 pm	All Level Yoga	Corine

Tuesday

9:00 - 10:30 am	All Level Gentle Yoga	Corine
6:00 - 7:30 pm	All Level Yoga	Sara

Wednesday

9:00 - 10:15 am	Gentle Yoga	Mae
6:00 - 7:30 pm	Flow Yoga *7-7 Restorative Yoga *First Wed the Month	Corine

Thursday

9:00 - 10:30 am	Intermediate Yoga	Corine
6:00 - 7:30 pm	All Level Yoga	Mae

Saturday

9:00 - 10:15 am	July 3 - Mae
	July 10 - Kelly
	July 17 - Corine
	July 24 - Sara
	July 31 - Sara

Sunday

10:00 - 11:30 am	Strong Sundays with Mae
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Special Events:

See website for details and registration!

**Stand-Up Paddleboard Yoga
\$25 per person**

***Thursday July 15
5:30-7:30 PM**

***Wednesday August 4
5:30-7:30 PM**

***Sunday August 15
2:00-4:00 PM**

**Full Moon Yoga @ Gardens at
the Ridge - 7:00 AM**

***Saturday July 24
*Saturday August 21**

**Sunset Salutations
Yoga on the Deck
@ Arcadia Live \$25
Sunday, July 25 7:30 - 9:30 PM**

Pricing:

**Drop-in - \$18
10 Coupons - \$120
(non-expiring)**

**10 Coupons - \$85
(expire in 30 days)**

\$100 Unlimited Monthly Pass

***Virtual Classes**
Visit yogospace-tx.com
for details!

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