

# Modern Yogi August Schedule

@ Modern Health Chiropractic & Wellness  
**\$40 1-Month Unlimited Yoga Access for new yogis!** To sign up please RSVP next to your desired class on our website!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hatha Flow 7:30-8:15 am Gentle Flow 6:30-7:30pm	2 Noon Hour Stretch 12:00-12:45pm Power Hour 5:45-6:45pm			
5	6	7 Hatha Flow 7:30-8:15 am Free Gentle Flow 6:30-7:30pm	8 Noon Hour Stretch 12:00-12:45pm Power Hour 5:45-6:45pm	9	10	11
12	13	14 Hatha Flow 7:30-8:15 am Gentle Flow 6:30-7:30pm	15 Noon Hour Stretch 12:00-12:45pm Power Hour 5:45-6:45pm	16	17	18
19	20	21 Hatha Flow 7:30-8:15 am Gentle Flow 6:30-7:30pm	22 Noon Hour Stretch 12:00-12:45pm Power Hour 5:45-6:45pm	23	24	25
26	27	28 Hatha Flow 7:30-8:15 am Gentle Flow 6:30-7:30pm	29 Noon Hour Stretch 12:00-12:45pm Power Hour 5:45-6:45pm	30	31	