



107 W Main St, Perham

# August Schedule

sunday	monday	tuesday	wednesday	thursday	friday	saturday
Pricing: \$12 drop-in \$50 for 5-class pass  Memberships: Kestrel - \$35 for 4 class credits/month Hawk - \$60 for 7 class credits/month Eagle - \$80 for unlimited classes  Class descriptions available online at <a href="http://rwyoga.com/classes">rwyoga.com/classes</a>				1	2	3
				noon - Leona slow flow 7pm - Brittany awaken + restore	10:30am - Leona kids yoga ages 4-8 noon - Leona \$5 FriYAY Flow	9am - Brittany weekend warrior flow
4 10am - Brittany awaken + restore  7pm - Shannon slow flow	5 noon - Brittany feel good flow 5:30pm - Leona feel good flow	6 5:30am - Shannon good morning flow  noon - Leona power flow	7 6am - Brittany power flow noon - Liz feel good flow 5:30pm - Leona power flow 6:45pm - Leona foundations of yoga	8 noon - Leona slow flow  7pm - Brittany awaken + restore	9 10:30am - Leona kids yoga ages 4-8 noon - Leona feel good flow	10 9am - Liz weekend warrior flow
11 7pm - Shannon slow flow	12 noon - Brittany feel good flow 5:30pm - Leona feel good flow	13 5:30am - Shannon good morning flow  noon - Leona power flow	14 6am - Brittany power flow noon - Liz feel good flow 5:30pm - Leona power flow 6:45pm - Leona foundations of yoga	15 noon - Leona slow flow  6:30pm - Brittany essential oil workshop <i>mat spray</i>	16 noon - Jess feel good flow	17 9am - Brittany weekend warrior flow
18 7pm - Shannon slow flow	19 noon - Leona feel good flow 1:30-4pm - Leona Yoga CAMP  5:30pm - Leona feel good flow	20 5:30am - Shannon good morning flow  noon - Leona power flow 1:30-4pm - Leona Yoga CAMP	21 6am - Shannon power flow noon - Liz feel good flow 1:30-4pm - Leona Yoga CAMP 5:30pm - Leona power flow 6:45pm - Leona foundations of yoga	22 noon - Leona slow flow 1:30-4pm - Leona Yoga CAMP	23 noon - Leona feel good flow 1:30-4pm - Leona Yoga CAMP	24 9am - Leona weekend warrior flow 10:30am - Leona kids yoga ages 4-8
25 10am - Leona Namazte at the Z @ Zorbaz on LPL noon-3pm Paddle, Pose + Peace @ Glendalough 7pm - Shannon slow flow	26 noon - Leona feel good flow 5:30pm - Leona feel good flow	27 5:30am - Shannon good morning flow  noon - Leona power flow	28 6am - Brittany power flow noon - Liz feel good flow 5:30pm - Leona power flow	29 noon - Brittany slow flow 7pm - Brittany awaken + restore	30 noon - Leona feel good flow	31 9am - Shannon weekend warrior flow 10am - Leona Yoga on Tap @ Drastic Measures, Wadena