

AUGUST 2018

MONTHLY EVENTS & WORKSHOPS:

August 11th at 12:00PM-2:00PM: Vegan Cooking and Chemical Free Cleaning Workshop

August 11th at 1:00PM-2:00PM: Jewelry Making Workshop

August 17th at 5:30PM-6:30PM: Succulent Propagation Workshop

August 18th at 1:00PM-3:00PM: Canvas Making Workshop

August 25th at 11:00AM-12:00PM: Ceramics Workshop

August 25th at 7:00PM-9:00PM: Scott Sharrard House Show

MONDAYS

Senior Yoga
9:00AM-10:00AM
Shine Yoga
10:00AM-11:00AM
Open Studio
10:00AM-3:00PM

WEDNESDAYS

<i>Movement Studio</i>	<i>Art House</i>
Shine Yoga 10:00AM-11:00AM	Open Studio 10:00AM-6:00PM
Shine Yoga 5:30PM-6:30PM	

TUESDAYS

<i>Movement Studio</i>	<i>Art House</i>
Core & Toning 9:00AM-10:00AM	Open Studio 10:00AM-6:00PM
Flexible Yoga 10:00AM-11:00AM	Art by Brian Covert 4:00PM
Cardio-Kickboxing 5:30PM-6:30PM	

THURSDAYS

<i>Movement Studio</i>	<i>Art House</i>
Shine Yoga 10:00AM-11:00AM	Open Studio 10:00AM-6:00PM
Gentle Yoga 5:30PM-6:30PM	

FRIDAYS

<i>Movement Studio</i>	<i>Art House</i>
Intermediate Yoga 10:00AM-11:00AM	Open Studio 10:00AM-6:00PM
Mommy-to-Be Yoga (Start Date: 8/10/18) 5:30PM-6:30PM	

SATURDAYS

Movement Studio

Shine Yoga w/ Jenny Williams
10:00AM-11:00AM

SUNDAYS

Movement Studio

Shine Yoga
½00; M-i :00; M

All yoga the first week of August canceled EXCEPT Saturday morning yoga. All yoga resumes starting 8/6/18!