

## Mystic Moonlight Yoga - July 2024

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
		<b>No classes with Alex today</b>		<b>Independence Day</b>		
	6 pm Weighted Pilates -Bobbie	5:30 pm Gentle Stretch/Yoga - Cyndy @ Lake Stonycreek	<b>No class today</b>	<b>No classes today</b>		
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
		10 am Strength Yoga - Alex @ Laurel Arts		9:30 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy @ Lake Stonycreek	6 pm Intermediate Yoga - Bobbie	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates -Bobbie	6 pm Gentle Yoga - Alex @ Laurel Arts		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex @ Laurel Arts		7:15 Gentle Yoga - Alex		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
		10 am Strength Yoga - Alex @ Laurel Arts		9:30 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy @ Lake Stonycreek	6 pm Intermediate Yoga - Bobbie	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates -Bobbie	6 pm Gentle Yoga - Alex @ Laurel Arts		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex @ Laurel Arts		7:15 Gentle Yoga - Alex		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
		10 am Strength Yoga - Alex @ Laurel Arts		9:30 am Gentle Stretch/Yoga		
	6 pm Weighted Pilates -Bobbie	5:30 pm Gentle Stretch/Yoga - Cyndy @ Lake Stonycreek	6 pm Intermediate Yoga - Bobbie	-Cyndy @ Lake Stonycreek		
		6 pm Gentle Yoga - Alex @ Laurel Arts		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex @ Laurel Arts		7:15 Gentle Yoga - Alex		
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
		10 am Strength Yoga - Alex @ Laurel Arts				
	6 pm Weighted Pilates -Bobbie	<b>No lake class with Cyndy today</b>	6 pm Intermediate Yoga - Bobbie			
		6 pm Gentle Yoga - Alex @ Laurel Arts				
		7:15 Strength+Stretch - Alex @ Laurel Arts				
<b>30</b>						