

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<div>1</div> 8:30am:Hot Yoga Cleanse-CG 10:30am: Restorative - T Noon - Tai Chi - S <b>CLOSED 1/2day</b> <b>NO-6:00pm class</b>	<div>2</div> <b>CLOSED</b> <b>For repairs</b>	<div>3</div> If nice out will have this class at Chief Alex Park 9:15am: Circuit-Brandy <b>CLOSED</b>	<div>4</div> 5:30am - Hot Yoga -M 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M NO 5:15pm: Mix-It-Up -N NO -6:30pm:Simple Yoga 6:00pm - RUN FOR WOMEN	<div>5</div> 9:15am - Circuit -M 10:30am: Simple Yoga-JH 11:45am:TaiChi - S 4:00pm: Warm Yoga - Jim 5:30pm: Hot Yoga - C 7:30pm: Rise&Radiate Hot Yoga -CG	<div>6</div> 5:30am: Hot Yoga- M *9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T	<div>7</div> 8:00am: Hot Yoga:Jim 9:15am: Gentle Yoga-D 10:30am: Slow & Controlled - Nikki
<div>8</div> 8:30am:Hot Yoga Cleanse-CG 10:30am: Restorative - T  4:00pm: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga - CG	<div>9</div> 5:30am: Hot Yoga-KA 8:00am: Hot Yoga - KA 9:15am: Warm Yoga - M 10:30am: Gentle Yoga-M *1:00pm: Kids Yoga-SW 5:15pm: Hot Yoga - E *6:30pm:Flow/Restore-CG	<div>10</div> *9:15am: Circuit - B 10:30am: Simple Yoga-JH  4:00pm: Warm Yoga - Jim 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga “Glutes & Guns”- Tia	<div>11</div> 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M *11:45am: Walk (30mins) *5:15pm: Mix-It-Up - N 6:30pm:Simple Yoga - JH 6:30pm: GOAT YOGA \$25 per person @ Park	<div>12</div> 9:15am - Circuit -M 10:30am: Simple Yoga-JH 11:45am:TaiChi - S 4:00pm: Warm Yoga - KA 5:30pm: Hot Yoga - C 7:30pm: Rise&Radiate Hot Yoga -CG 6:00pm:Suburban Challenge	<div>13</div> 5:30am: Hot Yoga- KA *9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T  7:00pm - SOUND BATH w/Chris \$25 PP	<div>14</div> 8:00am: Hot Yoga:Jim 9:15am: Gentle Yoga-D 10:30am: Pilates - K
<div>15</div> 8:30am:Hot Yoga Cleanse-CG 10:30am: Restorative - T *HAPPY FATHERS DAY 4:00pm: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga - JH	<div>16</div> 5:30am: Hot Yoga-KA 8:00am: Hot Yoga - KA 9:15am: Warm Yoga - M 10:30am: Gentle Yoga-M *1:00pm: Kids Yoga-SW 5:15pm: Hot Yoga - E *6:30pm:Flow/Restore-CG	<div>17</div> *9:15am: Circuit - M 10:30am: Simple Yoga-JH  4:00pm: Warm Yoga - Jim 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga “Glutes & Guns”- Tia	<div>18</div> 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M *11:45am: Walk (30mins) *5:15pm: Mix-It-Up - N 6:30pm:Simple Yoga - JH	<div>19</div> 9:15am - Circuit -M 10:30am: Simple Yoga-JH 11:45am:TaiChi - S 4:00pm: Warm Yoga - KA 5:30pm: Hot Yoga - C 7:30pm: Rise&Radiate Hot Yoga -CG	<div>20</div> 5:30am: Hot Yoga- KA *9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T 6:00pm - Belly Dancing - Shawnie SUMMER SOLSTICE	<div>21</div> 8:00am: Hot Yoga:Jim 9:15am: Gentle Yoga-D 10:30am: Pilates - K  SUMMER SOLSTICE Event - 6:00PM - Yoga at the PARK w/ Christie
<div>22</div> 8:30am:Hot Yoga Cleanse-CG 10:30am: Restorative - D  4:00pm: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga - JH	<div>23</div> 5:30am: Hot Yoga-KA 8:00am: Hot Yoga - KA 9:15am: Warm Yoga - M 10:30am: Gentle Yoga-M *1:00pm: Kids Yoga-SW 5:15pm: Hot Yoga - E *6:30pm:Flow/Restore-CG	<div>24</div> *9:15am: Circuit - B 10:30am: Simple Yoga-JH  4:00pm: Warm Yoga - JH 5:30pm: Hot Yoga Flow-C 7:30pm: Hot Yoga “Glutes & Guns”- Tia	<div>25</div> 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M *11:45am: Walk (30mins) *5:15pm: Mix-It-Up - N 6:30pm:Simple Yoga - JH 6:30pm: GOAT YOGA \$25 per person @ Park	<div>26</div> 9:15am - Circuit -M 10:30am: Simple Yoga-M 11:45am:TaiChi - S 4:00pm: Warm Yoga - KA 5:30pm: Hot Yoga - C 7:30pm: Rise&Radiate Hot Yoga -CG	<div>27</div> 5:30am: Hot Yoga- KA *9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T	<div>28</div> 8:00am: Hot Yoga:Jim 9:15am: Gentle Yoga-D 10:30am: Pilates - K
<div>29</div> 8:30am:Hot Yoga Cleanse-CG 10:30am: Restorative - T 2:00pm - SOUND BATH w/Chris \$35 PP 4:00pm: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga - MR	<div>30</div> 5:30am: Hot Yoga-KA 8:00am: Hot Yoga - KA 9:15am: Warm Yoga - M 10:30am: Gentle Yoga-M *1:00pm: Kids Yoga-SW 5:15pm: Hot Yoga - E *6:30pm:Flow/Restore-CG	<div>JOYFUL June</div> <div>www.alllifeisyoga.org</div> <div>907-229-3384</div> <div>*Our Park is Chief Alex Park</div> <div>by Eagle River Elementary for outside classes</div> <div> </div> <div> April - A Kristi - K  Brandy - B Mary - M  Caroline - C Sarah - S  Logan- L Rick - R  Megan - MR Tia -TK  Daniel - D Nikki -N  Janet - JH Kate - KS  Teresa- T Jim - JB  Samantha - SW Bailey - BD </div>				