

\*Subject to change. See <https://yogasol.com/classes> for most current version of class calendar.



# JULY

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	6:30 AM BIKRAM YOGA 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM MUSIC 75	6:30 AM BIKRAM PLUS 8 AM PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM BIKRAM YOGA 90 7:30 PM BIKRAM YOGA 75 7:30 PM YIN YOGA	8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES	6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 90 4 PM HOT HIIT PILATES 6 PM BIKRAM YOGA 90	8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 4 PM BIKRAM YOGA 90
7	8	9	10	11	12	13
8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM YOGA 75	6:30 AM BIKRAM YOGA 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM MUSIC 75	6:30 AM BIKRAM PLUS 8 AM PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM BIKRAM YOGA 90 7:30 PM BIKRAM YOGA 75 7:30 PM YIN YOGA	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90	6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 90 4 PM HOT HIIT PILATES 6 PM BIKRAM YOGA 90	8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 4 PM BIKRAM YOGA 90
14	15	16	17	18	19	20
8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM YOGA 75	6:30 AM BIKRAM YOGA 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM MUSIC 75	6:30 AM BIKRAM PLUS 8 AM PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM BIKRAM YOGA 90 7:30 PM YIN YOGA	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90	6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 90 4 PM HOT HIIT PILATES 6 PM BIKRAM YOGA 90	8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 4 PM BIKRAM YOGA 90 7 PM YOGA GLOW
21	22	23	24	25	26	27
8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM YOGA 75	6:30 AM BIKRAM YOGA 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM MUSIC 75	6:30 AM BIKRAM PLUS 8 AM PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM BIKRAM YOGA 90 7:30 PM BIKRAM YOGA 75 7:30 PM YIN YOGA	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM BIKRAM YOGA 90	6:30 AM BIKRAM MUSIC 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 90 4 PM HOT HIIT PILATES 6 PM BIKRAM YOGA 90	8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 4 PM BIKRAM YOGA 90
28	29	30	31			
8 AM BIKRAM YOGA 90 10 AM BIKRAM YOGA 75 12 PM HOT HIIT PILATES 2 PM BIKRAM YOGA 75	6:30 AM BIKRAM YOGA 75 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM YOGA 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM YOGA 90	8 AM HOT HIIT PILATES 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM HOT HIIT PILATES 7 PM BIKRAM MUSIC 75	6:30 AM BIKRAM PLUS 8 AM PILATES STRENGTH 9:30 AM BIKRAM YOGA 90 12 PM BIKRAM MUSIC 75 5:30 PM BIKRAM YOGA 90 7:30 PM BIKRAM YOGA 75			