



# August '24 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Susan Trudy Sheila Alesia Mary Liz Julie Lindsey Zoe Carmen Beshka Frances Shigeiko Maria Angela Morgan Virginia DeAnn	Must sign up for classes at least 75 minutes in advance! <b>Underlined events are special pricing. Please ask for details!</b> <b>Must pre-register by 5pm the day before event.</b>	<b>Receive \$10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga or massage treatment.</b> <b>270-799-8070</b> <a href="http://www.behappybg.com">www.behappybg.com</a>	45min Salt Cave sessions begin at the top of each hour: <b>Monday-Friday 10am-6pm</b> <b>Saturday 11am-5pm</b> <b>Sunday 1pm-3pm</b>	1 9:45am Slow Flow 11:15am CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga 4pm Yoga Fusion 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow	2 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt	3 9:30am Yoga then Salt 11am CoreFirst 12pm Vinyasa Flow
4 1:30pm Beginners to Basics 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	5 9:15am Restorative Yoga 11:15am CoreFirst 12:15pm Midday All-Levels 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	6 7:30am Rise & Shine Flow 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 3pm Prenatal Yoga 5:30pm Restorative then Salt 7pm CoreFirst	7 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow	8 9:45am Slow Flow 11:15am CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga 4pm Yoga Fusion 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow	9 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt	10 8:15am Yoga Fusion 9:30am Yoga then Salt 11am CoreFirst 12pm Vinyasa Flow
11 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	12 9:15am Restorative Yoga 11:15am CoreFirst 12:15pm Midday All-Levels 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	13 7:30am Rise & Shine Flow 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 3pm Prenatal Yoga 5:30pm Restorative then Salt 7pm CoreFirst	14 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga <b>6pm Yoga IN the Salt Cave</b> 6:30pm Slow Flow	15 9:45am Slow Flow 11:15am CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga 4pm Yoga Fusion 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow	16 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt	17 <b>8:30am Be Happy Goat Yoga</b> 9:30am Yoga then Salt 11am CoreFirst <b>11am Kids Yoga in the Salt Cave</b> 12pm Vinyasa Flow
18 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	19 9:15am Restorative Yoga 11:15am CoreFirst 12:15pm Midday All-Levels 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	20 7:30am Rise & Shine Flow 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 3pm Prenatal Yoga 5:30pm Restorative then Salt 7pm CoreFirst	21 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow	22 9:45am Slow Flow 11:15am CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga <b>2pm Guided Relaxation in the Salt Cave</b> 4pm Yoga Fusion 5:30pm Gentle/Level 1 Yoga <b>6:30pm Yoga at Lost River Cave</b> 7pm Vinyasa Flow	23 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt	24 8:15am Yoga Fusion 9:30am Yoga then Salt 11am CoreFirst 12pm Vinyasa Flow
25 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	26 9:15am Restorative Yoga 11:15am CoreFirst 12:15pm Midday All-Levels 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	27 7:30am Rise & Shine Flow 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 3pm Prenatal Yoga 5:30pm Restorative then Salt 7pm CoreFirst	28 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow	29 9:45am Slow Flow 11:15am CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga 4pm Yoga Fusion 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow	30 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt <b>5:30pm Yoga then Wine</b>	31 9:30am Yoga then Salt 11am CoreFirst 12pm Vinyasa Flow <b>2pm Guided Relaxation in the Salt Cave</b>