



# July '24 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Susan Trudy Sheila Alesia Mary Liz Julie Lindsey Zoe Carmen Beshka Frances Shigeko Maria Angela Morgan Virginia DeAnn	1 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	2 7:30am Slow Burn 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 3pm Prenatal Yoga 5:30pm Restorative Yoga then Salt 7pm CoreFirst	3 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow	4 Closed for 4th of July	5 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt	6 9:30am Yoga then Salt 11am CoreFirst 12pm Vinyasa Flow
7 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	8 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	9 7:30am Slow Burn 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 3pm Prenatal Yoga 5pm Guided Relaxation in the Salt Cave 5:30pm Restorative then Salt 7pm CoreFirst	10 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 1:30pm Kids' Yoga Day Retreat 5pm Prenatal Yoga 6:30pm Slow Flow	11 9:45am Slow Flow 11:15am CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga* 4pm Slow Burn 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow	12 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt	13 8:15am Yoga Fusion 9:30am Yoga then Salt 11am CoreFirst 12pm Vinyasa Flow 2pm Yoga IN the Salt Cave
14 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	15 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	16 7:30am Slow Burn 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 3pm Prenatal Yoga 5:30pm Restorative then Salt 7pm CoreFirst	17 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow	18 9:45am Slow Flow 11:15am CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga* 4pm Slow Burn 5:30pm Gentle/Level 1 Yoga 6:45pm Coaching the Body & Soul	19 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt	20 9:30am Yoga then Salt 11am CoreFirst 11am Kids Beach Party Yoga in the Salt Cave 1-5pm Fascia Focus - The Lower Body
21 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	22 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	23 7:30am Slow Burn 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 3pm Prenatal Yoga 5:30pm Restorative Yoga then Salt 7pm CoreFirst	24 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow	25 9:45am Slow Flow 11:15am CoreFirst 12:15pm YinYasa 1:30pm Chair Yoga* 4pm Slow Burn 5:30pm Gentle/Level 1 Yoga 6:30pm Yoga at Lost River Cave 7pm Vinyasa Flow	26 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt 5:30pm Yoga then Wine	27 8:30am Be Happy Goat Yoga 8:15am Yoga Fusion 9:30am Yoga then Salt 11am CoreFirst 12pm Vinyasa Flow
28 1:30pm Beginners to Basics 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	29 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	30 7:30am Slow Burn 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 3pm Prenatal Yoga 5:30pm Restorative then Salt 7pm CoreFirst	31 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow	Must sign up for classes at least 75 minutes in advance! Underlined events are special pricing. Please ask for details! Must pre-register by 5pm the day before event.	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.	45min Salt Cave sessions begin at the top of each hour: Monday-Friday 10am-6pm Saturday 11am-5pm Sunday 1pm-3pm 270-799-8070 <a href="http://www.behappybg.com">www.behappybg.com</a>