



# June '26 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:30am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class</p>	<p>2</p> <p>9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 4pm Beginners to Basics 5:30pm Restorative + Salt 7pm Corefirst Strength</p>	<p>3</p> <p>9:30am Gentle Yoga 12:15pm CoreFirst Pilates 1:15pm Flow + Restore</p>	<p>4</p> <p>9:45am Slow Flow 11:15am CoreFirst Stretch</p> <p><b>5PM Reading Hour in the Salt Cave</b> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights</p>	<p>5</p> <p>8:00am Rise &amp; Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength</p> <p>3:30pm Restorative + Salt</p>	<p>6</p> <p>8:30am Corefirst Pilates 9:30am Yoga then Salt</p>
<p>7</p> <p>3pm Yoga then Salt 4:30pm Yin Yoga then Salt</p>	<p>8</p> <p>9:30am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights</p>	<p>9</p> <p>9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 4pm Beginners to Basics 5:30pm Restorative + Salt 7pm Corefirst Strength</p>	<p>10</p> <p>9:30am Gentle Yoga 12:15pm CoreFirst Pilates 1:15pm Flow + Restore</p> <p>5pm Gentle/Level 1 Yoga <b>6:15pm Members Only: Restorative Yoga in the Salt Cave</b></p>	<p>11</p> <p>9:45am Slow Flow 11:15am CoreFirst Stretch</p> <p><b>5PM Reading Hour in the Salt Cave</b> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights</p>	<p>12</p> <p>8:00am Rise &amp; Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength</p> <p><b>1PM Guided Deep Relaxation in the Salt Cave</b> 3:30pm Restorative + Salt</p>	<p>13</p> <p>8:15am Corefirst Cardio 9:30am Yoga then Salt</p> <p><b>11am Kids Yoga IN the Salt Cave</b></p>
<p>14</p> <p>3pm Yoga then Salt 4:30pm Yin Yoga then Salt</p>	<p>15</p> <p>9:30am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights</p>	<p>16</p> <p>9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 4pm Beginners to Basics 5:30pm Restorative + Salt <b>6:30pm Yoga In Lost River Cave!</b> 7pm Corefirst Strength</p>	<p>17</p> <p>9:30am Gentle Yoga 12:15pm CoreFirst Pilates 1:15pm Flow + Restore</p> <p>5pm Gentle/Level 1 Yoga</p>	<p>18</p> <p>9:45am Slow Flow 11:15am CoreFirst Stretch</p> <p><b>5PM Reading Hour in the Salt Cave</b> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights</p>	<p>19</p> <p>8:00am Rise &amp; Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength</p> <p>3:30pm Restorative + Salt</p>	<p>20</p> <p>8:15am Yoga Fusion 9:30am Yoga then Salt</p>
<p>21</p> <p><b>Happy Father's Day! Closed</b></p>	<p>22</p> <p>9:30am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights</p>	<p>23</p> <p>9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 4pm Beginners to Basics 5:30pm Restorative + Salt</p>	<p>24</p> <p>9:30am Gentle Yoga 12:15pm CoreFirst Pilates 1:15pm Flow + Restore</p> <p><b>5pm Salty Book Club</b></p>	<p>25</p> <p>9:45am Slow Flow 11:15am CoreFirst Stretch</p> <p><b>5PM Reading Hour in the Salt Cave</b> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights</p>	<p>26</p> <p>8:00am Rise &amp; Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength</p> <p>3:30PM Full Moon Flow and Restore</p>	<p>27</p> <p>8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow</p>
<p>28</p> <p>3pm Yoga then Salt 4:30pm Yin Yoga then Salt</p>	<p>29</p> <p>9:30am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights</p>	<p>30</p> <p>9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1</p> <p>4pm Beginners to Basics 5:30pm Restorative + Salt 7pm Corefirst Strength</p>	<p>Receive \$10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga stretch or massage.</p>	<p>45min Salt Cave sessions begin at the top of each hour: Monday 10am-6pm Tuesday 3pm-5pm Wednesday 10am-2pm Thursday 10am-6pm Friday 10am-Noon Saturday 11am-5pm Sunday 1pm-3pm <i>*Sunday by appointment only*</i></p>	<p><b>Underlined events are special pricing. Please ask for details!</b> <b>Must pre-register by 5pm the day before event.</b> Must sign up for classes at least 75 minutes in advance! <a href="http://www.behappybg.com">www.behappybg.com</a></p>	<p>Susan Beshka Alesia Mary Morgan Beth Chelsey Gina Karla</p> <p>Trudy Frances Shigeko Angela Virginia Julie Lindsey Wendy</p>