July '26 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.	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** **Sunday by appointment only**	**Underlined events are special pricing. Please ask for details!** **Must pre-register by 5pm the day before event.** Must sign up for classes at least 75 minutes in advance! www.behappybg.com	1 9:30am Gentle/Beginners Yoga 12:15pm CoreFirst Pilates 1:15pm Flow + Restore 6:15pm Vinyasa Sculpt	2 9:45am Slow Flow 11:15am CoreFirst Stretch ***5PM Reading Hour in the Salt Cave*** 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	3 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 3:30pm Restorative + Salt	4 8:15am Yoga Fusion 9:30am Star, Stripes, and Savasana 11am Vinyasa Flow 12:15pm Corefirst All-Levels *Closing at 1PM*
5 3pm Yoga then Salt 4:30pm Yoga Fusion	6 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	7 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	8 9:30am Gentle/Beginners Yoga 12:15pm CoreFirst Pilates 1:15pm Flow + Restore 6:15pm Vinyasa Sculpt	9 9:45am Slow Flow 11:15am CoreFirst Stretch ***5PM Reading Hour in the Salt Cave*** 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	10 8:00am Rise & Shine Flow at Lost River Cave 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 3:30pm Restorative + Salt	11 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow ***11am Kids Yoga IN the Salt Cave*** 12:15pm Corefirst All-Levels ***2PM - Summer Cool Down: Yoga Nidra in the Salt Cave***
12 3pm Yoga then Salt 4:30pm Yoga Fusion	13 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	14 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt ***6:30pm Yoga In Lost River Cave!*** 7pm Corefirst Strength	15 9:30am Gentle/Beginners Yoga 12:15pm CoreFirst Pilates 1:15pm Flow + Restore 6:15pm Vinyasa Sculpt	16 9:45am Slow Flow 11:15am CoreFirst Stretch ***5PM Reading Hour in the Salt Cave*** 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	17 8:00am Rise & Shine Flow at Lost River Cave 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength ***3PM Members and Staff: Float & Flow Pool Party***	18 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow 12:15pm Corefirst All-Levels
19 3pm Yoga then Salt 4:30pm Yoga Fusion	20 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	21 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	22 9:30am Gentle/Beginners Yoga 12:15pm CoreFirst Pilates 1:15pm Flow + Restore 6:15pm Vinyasa Sculpt	23 9:45am Slow Flow 11:15am CoreFirst Stretch ***5PM Reading Hour in the Salt Cave*** 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	24 8:00am Rise & Shine Flow at Lost River Cave 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 3:30pm Restorative + Salt	25 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow 12:15pm Corefirst All-Levels
26 3pm Yoga then Salt 4:30pm Yoga Fusion	27 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	28 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 ***3PM Guided Deep Relaxation in the Salt Cave*** 5:30pm Restorative + Salt 7pm Corefirst Strength	29 9:30am Gentle/Beginners Yoga 12:15pm CoreFirst Pilates 1:15pm Flow + Restore ***5pm Salty Book Club*** 6:15pm Vinyasa Sculpt	30 9:45am Slow Flow 11:15am CoreFirst Stretch ***5PM Reading Hour in the Salt Cave*** 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	31 8:00am Rise & Shine Flow at Lost River Cave 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 3:30pm Restorative + Salt 5pm Full Moon Flow & Restore	___Susan P ___Trudy __Beshka __Frances ___Alesia __Shigeko ____Mary __Angela __Morgan __Virginia ___Beth ___Julie __Chelsey __Lindsey ____Susan T ___Wendy ___Karla