



August '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 10am-6pm Wednesday 10am-6pm Thursday 10am-6pm Friday 10am-6pm Saturday 11am-5pm Sunday 1pm-3pm	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	Susan P Beshka Alesia Mary Morgan Beth Chelsey Susan T Karla Trudy Frances Shigeko Angela Virginia Julie Lindsey Wendy Nancy			1 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow 12:15pm Corefirst All-Levels <u>5PM Sound Bath with Pharann</u>
2 12:30PM YTT Information Meeting 3pm Yoga then Salt 4:30pm Yoga Fusion	3 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	4 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	5 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore 6:15pm Vinyasa Sculpt	6 9:45am Slow Flow <u>5PM Reading Hour in the Salt Cave</u> 4:15pm Corefirst Pilates 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	7 8:00am Rise & Shine Flow at Lost River Cave 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	8 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow <u>11am Kids Yoga IN the Salt Cave</u> 12:15pm Corefirst All-Levels <u>2PM Guided Deep Relaxation in the Salt Cave</u>
9 3pm Yoga then Salt 4:30pm Yoga Fusion	10 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	11 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 <u>4PM - Yoga in the Salt Cave</u> 5:30pm Restorative + Salt 7pm Corefirst Strength	12 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore 6:15pm Vinyasa Sculpt	13 9:45am Slow Flow <u>5PM Reading Hour in the Salt Cave</u> 4:15pm Corefirst Pilates 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	14 8:00am Rise & Shine Flow at Lost River Cave 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	15 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow 12:15pm Corefirst All-Levels
16 3pm Yoga then Salt 4:30pm Yoga Fusion	17 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	18 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength <u>6:30pm Yoga In Lost River Cave!</u>	19 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore 6:15pm Vinyasa Sculpt	20 9:45am Slow Flow <u>5PM Reading Hour in the Salt Cave</u> 4:15pm Corefirst Pilates 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	21 8:00am Rise & Shine Flow at Lost River Cave 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	22 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow 12:15pm Corefirst All-Levels
23 3pm Yoga then Salt 4:30pm Yoga Fusion 30 3pm Yoga then Salt 4:30pm Yoga Fusion	24 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 31 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	25 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	26 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore <u>5pm Salty Book Club</u> 6:15pm Vinyasa Sculpt	27 9:45am Slow Flow <u>5PM Reading Hour in the Salt Cave</u> 4:15pm Corefirst Pilates 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	28 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Full Moon Flow & Restore	29 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow 12:15pm Corefirst All-Levels <u>6PM - Laughing Yoga!</u>