



September '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	1 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	2 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	3 9:45am Slow Flow 4:15pm Corefirst Pilates <u>5PM Reading Hour in the Salt Cave</u> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	4 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	5 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow 12:15pm Corefirst All-Levels
6 3pm Yoga then Salt 4:30pm Yoga Fusion	7 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	8 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	9 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore <u>2PM Guided Deep Relaxation in the Salt Cave</u> 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	10 9:45am Slow Flow 4:15pm Corefirst Pilates <u>5PM Reading Hour in the Salt Cave</u> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	11 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	12 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>5pm Members & Staff End of Summer Yoga & Bonfire</u>
13 3pm Yoga then Salt 4:30pm Yoga Fusion	14 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	15 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	16 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	17 9:45am Slow Flow 4:15pm Corefirst Pilates <u>5PM Reading Hour in the Salt Cave</u> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	18 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	19 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow 12:15pm Corefirst All-Levels <u>3:30 & 5pm Fall Equinox Crystal Bowl Sound Bath in the Himalayan Salt Cave</u>
20 3pm Yoga then Salt 4:30pm Yoga Fusion	21 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	22 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt <u>6:30pm Yoga In Lost River Cave!</u>	23 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore <u>5pm Salty Book Club</u> 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	24 9:45am Slow Flow 4:15pm Corefirst Pilates <u>5PM Reading Hour in the Salt Cave</u> 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	25 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	26 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow 12:15pm Corefirst All-Levels 1:30pm Full Moon Flow & Restore
27 3pm Yoga then Salt 4:30pm Yoga Fusion	28 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	29 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	30 9:30am Gentle/Beginners Yoga 12:15pm Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	<u>Underlined events are special pricing. Please ask for details!</u> 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