WorldsYoga UNION CITY STUDIO

Vinyasa Fusion Themes - Jul - Sep, 2019

Wednesdays 5:45-7 PM		Fridays 6:30-7:45 PM	
Date	**Theme**	**Date**	**Theme**
Jul 3	Strength	Jul 5	Holiday
Jul 10	Flexibility	Jul 12	Balance
Jul 17	Integration	Jul 19	Strength
Jul 24	Balance	Jul 26	Flexibility
Jul 31	Strength	Aug 2	Integration
Aug 7	Flexibility	Aug 9	Balance
Aug 14	Integration	Aug 16	Strength
Aug 21	Balance	Aug 23	Flexibility
Aug 28	Strength	Aug 30	Holiday
Sep 4	Flexibility	Sep 6	Balance
Sep 11	Integration	Sep 13	Strength
Sep 18	Balance	Sep 20	Flexibility
Sep 25	Strength	Sep 27	Integration