

# July 2025

**\*\*Please note that for July and August we encourage you to sign up 24-hours in advance of class. ☀**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Happy Canada Day!	<b>2</b> 9:30* Pilates 10:30 Messy Buns + Coffee	<b>3</b> 10* Pilates x Yoga 11 * Flow + Ease	<b>4</b> 1:30 The Unwinder	<b>5</b> 11:00* Messy Buns + Coffee
<b>6</b>	<b>7</b> 12:15* Barre w/ Alex	<b>8</b> 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	<b>9</b> 9:30* Pilates 10:30 Messy Buns + Coffee	<b>10</b> 10* Pilates x Yoga 11 * Flow + Ease	<b>11</b> 1:30 The Unwinder	<b>12</b> 11:00* Messy Buns + Coffee
<b>13</b>	<b>14</b> 12:15* Barre w/ Alex	<b>15</b> 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	<b>16</b> 9:30* Pilates 10:30 Messy Buns + Coffee	<b>17</b> 10* Pilates x Yoga 11 * Flow + Ease	<b>18</b> No Unwinder.	<b>19</b> 11:00* Messy Buns + Coffee
<b>20</b>	<b>21</b> 12:15* Barre w/ Alex	<b>22</b> 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	<b>23</b> 9:30* Pilates 10:30 Messy Buns + Coffee	<b>24</b> 10* Pilates x Yoga 11 * Flow + Ease	<b>25</b> 1:30 The Unwinder	<b>26</b> 11:00* Messy Buns + Coffee
<b>27</b>	<b>28</b> 12:15* Barre w/ Alex	<b>29</b> 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	<b>30</b> 9:30* Pilates 10:30 Messy Buns + Coffee	<b>31</b> 10* Pilates x Yoga 11 * Flow + Ease		

\* 45-minute class