

August 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 |
|-----------|--|--|---|---|------------------------------------|---|
| | | | | | 1 1:30 The Unwinder | 2 11:00* Messy Buns + Coffee |
| 3 | 4 12:15* Barre w/ Alex | 5 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease | 6 9:30* Pilates 10:30 Messy Buns + Coffee | 7 10* Pilates x Yoga 11 * Flow + Ease | 8 1:30 The Unwinder | 9 11:00* Messy Buns + Coffee |
| 10 | 11 Studio is closed this week and next for "Summer Holidays" | 12 ~~~~~ | 13 ~~~~~ | 14 ~~~~~ | 15 ~~~~~ | 16 ~~~~~ |
| 17 | 18 Studio is closed this week for "Summer Holidays" | 19 ~~~~~ | 20 ~~~~~ | 21 ~~~~~ | 22 ~~~~~ | 23 ~~~~~ |
| 24 | 25 12:15* Barre w/ Alex | 26 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease | 27 9:30* Pilates 10:30 Messy Buns + Coffee | 28 10* Pilates x Yoga 11 * Flow + Ease | 29 1:30 The Unwinder | 30 11:00* Messy Buns + Coffee |

* 45-minute class