

Payment Options:

Credit /Debit Card, Venmo, PayPal (through momoyoga website) or Cash,
Check payment methods. Book class through momoyoga.com website



August 2022 Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 *5:45-6:45 am Hatha Flow *9:00-10 am Move & Flow *5:30-6:30 pm Mindful Movement (Gentle Yoga)	2 5:30-6:30 pm Barre Above w/ Angela	3 *6:30-7:30 am Park *8:30-9:30 am Chair	4	5 *6:30-7:30 am Park	6 *8:00-9:00 am Self-care Hatha Flow
7	8 *5:45-6:45 am Hatha Flow *9:00-10 am Move & Flow *5:30-6:30 pm Mindful Movement (Gentle Yoga)	9 5:30-6:30 pm Barre Above w/ Angela	10 *6:30-7:30 am Park *8:30-9:30 am Chair	11	12 *6:30-7:30 am Park	13 *8:00-9:00 am Self-care Hatha Flow
14	15 *5:45-6:45 am Hatha Flow *9:00-10 am Move & Flow *5:30-6:30 pm Mindful Movement (Gentle Yoga)	16 5:30-6:30 pm Barre Above w/ Angela	17 *6:30-7:30 am Park *8:30-9:30 am Chair	18	19 *6:30-7:30 am Park	20 *8:00-9:00 am Self-care Hatha Flow
21	22 *5:45-6:45 am Hatha Flow *9:00-10 am Move & Flow *5:30-6:30 pm Mindful Movement (Gentle Yoga)	23 5:30-6:30 pm Barre Above w/ Angela	24 *6:30-7:30 am Park *8:30-9:30 am Chair	25	26 *6:30-7:30 am Park	27 No Class - Kirchenfest Weekend
28	29 *5:45-6:45 am Hatha Flow *9:00-10 am Move & Flow *5:30-6:30 pm Mindful Movement (Gentle Yoga)	30 5:30-6:30 pm Barre Above w/ Angela	31			