

VINYASA FUSION THEMES - JUL - SEP, 2018

WEDNESDAYS 5:45-7 PM		FRIDAYS 6:30-7:45 PM	
Date	Theme	Date	Theme
Jul 4	Holiday	Jul 6	Strength
Jul 11	Integration	Jul 13	Flexibility
Jul 18	Strength	Jul 20	Balance
Jul 25	Flexibility	Jul 27	Integration
Aug 1	Balance	Aug 3	Strength
Aug 8	Integration	Aug 10	Flexibility
Aug 15	Strength	Aug 17	Balance
Aug 22	Flexibility	Aug 24	Integration
Aug 29	Balance	Aug 31	Strength
Sep 5	Integration	Sep 7	Flexibility
Sep 12	Strength	Sep 14	Balance
Sep 19	Flexibility	Sep 21	Integration