

# July

## Insight Counseling & Wellness Yoga Schedule

Online registration is required. To register visit: [www.insightmadison.com/yogastudio](http://www.insightmadison.com/yogastudio)

1943 Winnebago St., Madison, WI

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 12-1 p.m. Gentle Yoga with Kim	2
3	4 NO CLASSES FOR JULY 4 HOLIDAY	5 12-1 p.m. Insight Flow with Maureen 6-7 p.m. Aerial Yoga Foundations with Ariyanna	6 9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen 5:30-6:30 p.m. Aerial Yoga Foundations with Nikki	7 6-7 p.m. Gentle Yoga with Kim	8 12-1 p.m. Gentle Yoga with Kim	9 9-10 a.m. Aerial Yoga Foundations with Ariyanna 10:30-11:30 a.m. Aerial Yoga Foundations with Ariyanna
10 12-1 p.m. Slow Flow with Maureen 6-7 p.m. Insight Flow with Kim	11	12 12-1 p.m. Insight Flow with Maureen 6-7 p.m. Aerial Yoga Foundations with Ariyanna	13 9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen 5:30-6:30 p.m. Aerial Yoga Foundations with Nikki	14 6-7 p.m. Gentle Yoga with Kim	15 12-1 p.m. Gentle Yoga with Kim	16
17 12-1 p.m. Slow Flow with Maureen 6-7 p.m. Insight Flow with Jeanne	18	19 12-1 p.m. Insight Flow with Maureen 6-7 p.m. Aerial Yoga Foundations with Ariyanna	20 9-10 a.m. Slow Flow with Ariyanna 12-1 p.m. Restorative with Maureen 5:30-6:30 p.m. Aerial Yoga Foundations with Nikki	21 6-7 p.m. Gentle Yoga with Kim	22 12-1 p.m. Gentle Yoga with Kim	23 9-10 a.m. Aerial Yoga Foundations with Ariyanna 10:30-11:30 a.m. Aerial Yoga Foundations with Ariyanna
24 12-1 p.m. Slow Flow with Maureen 6-7 p.m. Insight Flow with Ariyanna	25	26 12-1 p.m. Insight Flow with Maureen 6-7 p.m. Aerial Yoga Foundations with Ariyanna	27 9-10 a.m. Slow Flow with Ariyanna 12-1 p.m. Restorative with Maureen 5:30-6:30 p.m. Aerial Yoga Foundations with Nikki	28 6-7 p.m. Gentle Yoga with Kim	29 12-1 p.m. Gentle Yoga with Kim	30