

June 2021

Highlights for June at The Barre+Yoga Room in Rincon, Georgia

June Social Prince
 Barre+Yoga June 3 at 6:30 pm
 Kid's Camp June 21, 23, 25

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
	8:30 am Gentle Yoga 9:30 am Pulse30 5:30 pm YIN yoga 6:30 pm Cardio Barre+Yoga	5 am Barre Xpress 6:30 pm hot flow	6 am HOT Buti 8:30 am Gentle Yoga 9:30 am Pulse30 5:30 Gentle Yoga 6:30 pm Prince Social (barre+yoga)	5 am Pulse30 10:15 am Hot Flow	8:30 All Levels	
7	8	9	10	11	12	13
5 am Flow+Core 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Pulse30 5:30 pm YIN yoga 6:30 pm Cardio Barre+Yoga	5 am Barre Xpress 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Pulse30 5:30 Gentle Yoga 6:30 pm Hip Hop Flow	5 am Pulse30 10:15 am Hot Flow	8:30 All Levels	
14	15	16	17	18	19	20
5 am Flow+Core 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Barre Basics 5:30 pm YIN yoga 6:30 pm Cardio Barre+Yoga	5 am Barre Xpress 8:30 am YIN 6:30 pm hot flow	6 am HOT Buti 8:30 am Gentle Yoga 9:30 am Pulse30 5:30 Gentle Yoga 6:30 pm Hip Hop Flow	5 am Pulse30 10:15 am Hot Flow	8:30 All Levels	
21	22	23	24	25	26	27
5 am Flow+Core 10 am KIDS CAMP 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Pulse30 5:30 pm YIN yoga 6:30 pm Cardio Barre+Yoga	5 am Barre Xpress 10 am KIDS CAMP 6:30 pm hot flow	6 am HOT buti 8:30 am Gentle Yoga 9:30 am Pulse30 5:30 Gentle Yoga 6:30 pm Hip Hop Flow	5 am Pulse30 10 am KIDS CAMP 10:15 am Hot Flow	8:30 All Levels	7 am Morning flow
28	29	30				
5 am Flow+Core 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Pulse30 5:30 pm YIN yoga 6:30 pm Cardio Barre+Yoga	5 am Barre Xpress 6:30 pm hot flow				

Highlights for July at The Barre+Yoga Room in Rincon, Georgia

July 2021

July Social: Hot Buti July 15, 6:30 pm

Kid's Camp July 19, 21, 22

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
				5 am Pulse30 10:15 am Hot Flow	8:30 All Levels	
5	6	7	8	9	10	11
5 am Flow+Core 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Pulse30 5:30 pm YIN yoga 6:30 pm Cardio Barre+Yoga	5 am Barre Xpress 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Pulse30 5:30 Gentle Yoga 6:30 pm Hip Hop Flow	5 am Pulse30 10:15 am Hot Flow	8:30 All Levels	
12	13	14	15	16	17	18
5 am Flow+Core 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Barre Basics 5:30 pm YIN yoga 6:30 pm Cardio Barre+Yoga	5 am Barre Xpress 6:30 pm hot flow	6 am Hot Buti 8:30 am Gentle Yoga 9:30 am Pulse30 5:30 Gentle Yoga 6:30 pm Hot Buti Social	5 am Pulse30 10:15 am Hot Flow	8:30 All Levels	
19	20	21	22	23	24	25
5 am Flow+Core 10 am KIDS CAMP 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Pulse30 5:30 pm YIN yoga 6:30 pm Cardio Barre+Yoga	5 am Barre Xpress 10 am KIDS CAMP 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Pulse30 5:30 Gentle Yoga 6:30 pm Hip Hop Flow	5 am Pulse30 10 am KIDS CAMP 10:15 am Hot Flow	8:30 All Levels 10 am P90	7 am Morning flow
26	27	28	29	30	31	
5 am Flow+Core 6:30 pm hot flow	8:30 am Gentle Yoga 9:30 am Pulse30 5:30 pm YIN yoga 6:30 pm Cardio Barre+Yoga	5 am Barre Xpress 8 am YIN 6:30 pm hot flow	6 am Hot Buti 8:30 am Gentle Yoga 9:30 am Pulse30 5:30 Gentle Yoga 6:30 pm Hip Hop Flow	5 am Pulse30 10:15 am Hot Flow	8:30 All Levels	