

INDEPENDENCE DAY HOLIDAY SCHEDULE

8 LIMBS CAPITOL HILL

SATURDAY JULY 1 - Boutique open 8:30-10:45am, 4:30-5:15pm

9:00 – 10:15am LEVEL I Douglas

10:30am – Noon LEVEL II FLOW Douglas

5:00 - 6:15pm ALL LEVELS FLOW Kimberly

SUNDAY JULY 2 - Boutique 8:30-10:45am & 30 min prior to classes

9:00 – 10:15am LEVEL I Adi

10:30am – Noon DEVOTIONAL FLOW Amelia Bhakti focus

3:30 – 4:45pm ALL LEVELS Terilyn

5:00 – 6:30pm ALL LEVELS FLOW Terilyn Vigorous Flow

MONDAY JULY 3 - Boutique open 9am-12:15pm, 5:15-6pm

9:30 – 10:45am ALL LEVELS Jenny

Noon – 1:15pm LEVEL II FLOW Andreas Vigorous Flow

5:45 – 7:00pm PRENATAL Megan K

TUESDAY JULY 4 - Boutique open 9:00-9:45am

9:30 – 10:45am ALL LEVELS Rebekah

8 LIMBS PHINNEY RIDGE

SATURDAY JULY 1

7:30 – 8:45am ALL LEVELS Amelia \$8 Comm. Class

9:00 – 10:15am LEVEL II FLOW Amelia

10:30 – 11:45am LEVEL I Flower

SUNDAY JULY 2

9:00 – 10:30am LEVEL I Misha

10:45am – Noon LEVEL II FLOW Misha

3:15 – 4:30pm LEVEL I Lasara Focus on breath

4:45 – 6:00pm ALL LEVELS Lasara

MONDAY JULY 3

6:30 – 7:30am ALL LEVELS FLOW Lauren

9:45 – 11:00am ALL LEVELS FLOW MJ

Noon – 1:15pm LEVEL II FLOW Terilyn

5:45 – 7:00pm LEVEL I Marni

TUESDAY JULY 4

9:30 – 10:45am ALL LEVELS FLOW Karen Vinyasa fundamentals

* Boutique Hours are 1/2 hour before class unless otherwise noted.



8 LIMBS WEDGWOOD

SATURDAY JULY 1

9:00 – 10:30am LEVEL II Barbara

10:45am – Noon LEVEL I Barbara

4:45 – 6:00pm ALL LEVELS FLOW Maritza

SUNDAY JULY 2

9:00 – 10:30am LEVEL II Douglas

10:45am – Noon ALL LEVELS Douglas

MONDAY JULY 3

8:00 – 9:15am ALL LEVELS FLOW Marni

4:00 – 5:15pm YIN Karen

TUESDAY JULY 4

9:00 – 10:45am LEVEL II FLOW Andreas

8 LIMBS WEST SEATTLE

SATURDAY JULY 1

9:00 – 10:30am LEVEL II FLOW Tracy

10:45am – Noon LEVEL I Tracy

4:00 – 5:15pm RESTORATIVES Jonna \$8 Comm. Class

SUNDAY JULY 2

9:00 – 10:15am DEVOTIONAL FLOW Terilyn Bhakti Focus

10:45am – Noon YOGA TUNE UP® Tracy

5:00 – 6:15pm ALL LEVELS Jonna

MONDAY JULY 3

9:30 – 10:45am ALL LEVELS FLOW Terilyn

Noon – 1:15pm LEVEL II FLOW Rosie

TUESDAY JULY 4

Closed