

YOGA @ 310 Wellness

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Release & Restore (Brittany)7:00-8:15 PM	4 Yoga at the Beach (Heather) 9:30 – 10:30 AM	5 Feel Good Flow (Heather)7:00-8:00 PM	6 Yoga at the Beach (Heather) 9:30 – 10:30 AM	7	8
9	10 Release & Restore (Brittany)7:00-8:15 PM	11 Yoga at the Beach (Heather) 9:30 – 10:30 AM	12 Feel Good Flow (Brittany)7:00-8:00 PM	13 Yoga at the Beach (HM) 9:30 – 10:30 AM Power in the Park (Britt) 7:00 – 8:00 PM	14	15 Yoga in the Park (Heather) 9:30 – 10:30 AM FREE!!
16	17 Release & Restore (Heather)7:00-8:15 PM	18 Yoga at the Beach (Heather) 9:30 – 10:30 AM	19 Feel Good Flow (Heather)7:00-8:00 PM	20 Yoga at the Beach (Heather) 9:30 – 10:30 AM	21	22
23 Power in the Park (Britt) 7:00 – 8:00 PM	24 Release & Restore (Heather)7:00-8:15 PM	25 Yoga at the Beach (Heather) 9:30 – 10:30 AM	26 Feel Good Flow (Brittany)7:00-8:00 PM	27 Yoga at the Beach (Heather) 9:30 – 10:30 AM	28	29

Yoga with Heather

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