

July						
Su	Mo	Tu	We	Th	Fr	Sa
				Virtual Power&Chill Yoga 11:00am	CrossFit at The Phoenix Denver 6: 30am	
				Virtual Prayers (30min) 8:30pm		
3	4	5	6	7	8	9
		Virtual Pilates 8am			CrossFit at The Phoenix Denver 6: 30am	
			Virtual Barre 9:30am			
			Virtual Trauma- Informed Chair Yoga 5:00pm	Virtual Power&Chill Yoga 11:00am		
			Virtual Prayers (30min) 8:30pm	Virtual Prayers (30min) 8:30pm		
10	11	12	13	14	15	16
		Virtual Pilates 8am			CrossFit at The Phoenix Denver 6: 30am	
			Virtual Barre 9:30am			
			Virtual Trauma- Informed Chair Yoga 5:00pm	Virtual Power&Chill Yoga 11:00am		
			Virtual Prayers (30min) 8:30pm	Virtual Prayers (30min) 8:30pm		
17	18	19	20	21	22	23
		Virtual Pilates 8am			CrossFit at The Phoenix Denver 6: 30am	
			Virtual Barre 9:30am			
			Virtual Trauma- Informed Chair Yoga 5:00pm	Virtual Power&Chill Yoga 11:00am		
			Virtual Prayers (30min) 8:30pm	Virtual Prayers (30min) 8:30pm		
24	25	26	27	28	29	30
		Virtual Pilates 8am			CrossFit at The Phoenix Denver 6: 30am	
			Virtual Barre 9:30am			
			Virtual Trauma- Informed Chair Yoga 5:00pm	Virtual Power&Chill Yoga 11:00am		
			Virtual Prayers (30min) 8:30pm	Virtual Prayers (30min) 8:30pm		
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