

July 2025 Wellness Calendar at The Evolve Studio

Yoga Fees: Drop In \$12, 5 pack for \$50, 10 pack for \$90

Strength/MIXFIT Fees: Drop In \$12, 5 pack for \$55, 10 pack for \$99

***NOTICE:** At least 2 participants must sign up 2 hours before class time in order to hold class.

PLEASE sign up online, on our App, or by messaging your instructor at least 2 hours before class.

NOTE: EARLY AM MIXFIT CLASS
5:20-6:00 AM (M/W/F)
& POWER UP T/TH 8:30- 9:15AM
MOVED TO THE HIGH SCHOOL
WELLNESS CENTER

<i>sunday</i>	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>	<i>saturday</i>
1 BOOK NOW AT: www.evolvewrightstown.com/events-calendar	2 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels	1 8-9 am All Levels Yoga 9:30 - 10:15 am Yin Yoga	2 9-10 am SLOW FLOW YOGA	3 10:00-10:45 am LOW IMPACT STRENGTH	4 	5
6	7 9:10-9:40 Chair Yoga 10-11 am Qigong Flow 4:30-5:30p All Levels	8 8-9 am All Levels Yoga 9:30 - 10:15 am Yin Yoga	9 9-10 am SLOW FLOW YOGA 4-4:45 pm Yoga Sculpt Lite	10 8-9 am All Levels Yoga 10:00-10:45 am LOW IMPACT STRENGTH 7 pm Full Moon Ceremony	11 9-10 am Gentle Yoga + Qigong	12
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