



**THE PHOENIX**  
RISE | RECOVER | LIVE

# THE PHOENIX VIRTUAL AUGUST SCHEDULE

## Class times are EST

**M/W/F**

- 7am- Meditation
- 9am- Community Fitness
- 10am - Dance Dance (Friday only)
- 11am-Yoga
- 5pm-Community Fitness
- 6pm-Yoga
- 8pm-Community Fitness (Monday/Wednesday only)
- 9pm-Social Hour (Monday only)

**T/TH**

- 9am-Meditation
- 11am-Community Fitness
- 1pm- Yoga
- 5pm-Functional PHX
- 8pm-Yoga
- 9pm-Community Fitness

**SAT/SUN**

- 10am-Detroit Community Fitness (Saturday)
- 10am-Meditation (Saturday)
- 11am-Yoga (Saturday)
- 1130am-Chicago Community Fitness (Saturday)
- 12pm-Community Fitness (Saturday)
- 8pm-Social Hour (Saturday)
- 1pm-Social Hour (Sunday)
- 2-4pm-Neuse River Community Fitness (Sunday)

**ALL EVENTS ARE FREE! THE ONLY REQUIREMENT IS 48 HOURS OF  
CONTINUOUS SOBRIETY  
REGISTER FOR ALL EVENTS AT [WWW.THEPHOENIX.ORG/VIRTUAL](http://WWW.THEPHOENIX.ORG/VIRTUAL)**