



Group Class Schedule

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10AM* Slow Flow w/ Jeremy	2 6:30PM* Yoga Flow w/ Jeremy	3 10AM Gentle Yoga w/ Barbara	4 6:30PM* Yoga Flow w/ Jeremy <i>(Snacks & Sips Following Class)</i>	5 10AM* Chair Yoga w/ Jeremy	6 10AM Yoga w/ Cathy <i>Sweetwater Pride 12-6</i>	7
● 8 10AM* Slow Flow w/ Jeremy	9 6:30PM* Yoga Flow w/ Jeremy	10 10AM Gentle Yoga w/ Barbara	11 6:30PM Yoga w/ Cathy [SUB] <i>(Snacks & Sips Following Class)</i>	12 10AM Chair Yoga w/ Barbara [SUB]	13	● 14 <i>Flag Day</i>
15 10AM Yoga w/ Cathy	16	17 10AM Gentle Yoga w/ Barbara	18 6:30PM Yoga Flow w/ Cathy [SUB] <i>(Snacks & Sips Following Class)</i>	19 <i>Juneteenth</i>	20	● 21 <i>Father's Day</i>
22 10AM Yoga w/ Cathy	23	24 10AM Gentle Yoga w/ Barbara	25 6:30PM* Yoga Flow w/ Jeremy <i>(Snacks & Sips Following Class)</i>	26 10AM* Chair Yoga w/ Jeremy <i>Evening Seasonal Event w/ Peach Street Grill</i>	27 <i>4th of July Celebration in Tellico</i>	28
○ 29 10AM Yoga w/ Cathy	30 6:30PM* Yoga Flow w/ Jeremy	July 1 10AM Gentle Yoga w/ Barbara	2 6:30PM* Yoga Flow w/ Jeremy <i>(Snacks & Sips Following Class)</i>	3 10AM* Chair Yoga w/ Jeremy	4 <i>Independence Day</i>	5

* These classes can also be joined virtually via the livestream on Zoom

** Special Event more details are available on the website

Visit <https://growandflow.co> for class registration and more information or call/text Jeremy at 865.272.4769 (GROW)