

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAY IS = in-studio only	<i>Don't see what you are looking for? Let us know what class style, dates and times you would like to see!</i>		1. Warm HathaYASA 9:30 - 10:30 am DONATION BASED Hot Vinyasa Flow 7-8:15 pm	2. Restorative Yoga 6:30 - 7:45 pm	3. Restow (Gentle Flow + Restorative) 8:30-9:30 am
Hot Vinyasa Flow 4. 10 - 11:15 am Prenatal Yoga 11:30 - 12:30 THAI NIDRA 1:30 - 3:30 pm Candlelit Yin 7 - 8 pm	5.	6. Gentle Hatha 9:30-10:30 am Props & Conditioning 5:30 - 6:30 pm Hot Power Flow 7 - 8:15 pm	7. Strength + Mobility 6:30-7:30 pm	8. Warm HathaYASA 9:30 - 10:30 am DONATION BASED Hot Vinyasa Flow 7-8:15 pm	9. Restorative Yoga 6:30 - 7:45 pm	10. Restow (Gentle Flow + Restorative) 8:30-9:30 am
11. Hot Vinyasa Flow 10 - 11:15 am HAPPY MOTHER'S DAY Candlelit Yin 7 - 8 pm	12.	13. Gentle Hatha 9:30-10:30 am Props & Conditioning 5:30 - 6:30 pm Hot Power Flow 7 - 8:15 pm	14. Strength + Mobility 6:30-7:30 pm	15. Somatic Yoga Fusion 9:30 - 10:30 am COMMUNITY KARMA Hot Vinyasa Flow (IS) 7-8:15 pm	16. Restorative Yoga 6:30 - 7:45 pm	17. Restow (Gentle Flow + Restorative) 8:30-9:30 am
18. Hot Vinyasa Flow 10 - 11:15 am Prenatal Yoga 11:30 - 12:30 Candlelit Yin 7 - 8 pm	19. VICTORIA DAY	20. Gentle Hatha 9:30-10:30 am Props & Conditioning 5:30 - 6:30 pm Hot Power Flow 7 - 8:15 pm	21. Core + Mobility 6:30-7:30 pm	22. Somatic Yoga Fusion 9:30 - 10:30 am DONATION BASED Hot Vinyasa Flow 7-8:15 pm	23. Restorative Yoga 6:30 - 7:45 pm	24. Restow (Gentle Flow + Restorative) 8:30-9:30 am
25. Hot Vinyasa Flow 10 - 11:15 am Prenatal Yoga 11:30 - 12:30 Candlelit Yin 7 - 8 pm	26.	27. Gentle Hatha 9:30-10:30 am Hot Power Flow 7 - 8:15 pm	28. Strength + Mobility 6:30-7:30 pm	29. Somatic Yoga Fusion 9:30 - 10:30 am DONATION BASED Hot Vinyasa Flow 7-8:15 pm	30. Restorative Yoga 6:30 - 7:45 pm	31. Restow (Gentle Flow + Restorative) 8:30-9:30 am

