



REGISTER ONLINE AT  
SACREDSpaceYOGAWELLNESS.COM

# APRIL



\*\* PREPAY EVENT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 YOGA FLOW 6:30PM	2 HEATED RISE & FLOW 7AM	3 POWER YOGA 6:30PM	4	5 HOT YOGA 7:30AM HOT YOGA 9AM	6
7 CHAIR YOGA 3:30PM SLOW FLOW BEG. 5PM RESTORATIVE 6:30PM	8 YOGA FLOW 6:30PM	9 NO CLASS	10 POWER YOGA 6:30PM	11	12 HOT YOGA 9AM	13 **HOT POWER YOGA 10AM
14 CHAIR YOGA 3:30PM SLOW FLOW BEG. 5PM RESTORATIVE 6:30PM	15 YOGA FLOW 6:30PM	16 HEATED RISE & FLOW 7AM	17 POWER YOGA 6:30PM	18 **YOGA FOR MEN 6:30PM	19 HOT YOGA 7:30AM HOT YOGA 9AM	20
21 NO CLASS	22 YOGA FLOW 6:30PM	23 HEATED RISE & FLOW 7AM	24 POWER YOGA 5:30PM	25 **YOGA & SOUND BATH 7PM	26 HOT YOGA 9AM HOT YOGA 10:30AM	27
28 CHAIR YOGA 3:30PM SLOW FLOW BEG. 5PM RESTORATIVE 6:30PM	29 YOGA FLOW 6:30PM	30 HEATED RISE & FLOW 7AM				