

# MAY 2025

Register for classes at  
[www.sacredspaceyogawellness.com](http://www.sacredspaceyogawellness.com)



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Power Yoga 6:30pm	2	3 Hot Yoga 7:30am Hot Yoga 9am
4 **Rock Yoga 10am	5 Chair Yoga 3:30pm Beginner Flow 5pm Yin Yoga 6:30pm	6 Yoga Flow 6:30pm	7 Heated Rise & Flow 7am	8 Power Yoga 6:30pm	9	10 Hot Yoga 7:30am Hot Yoga 9am
11 **Sip & Sound 11-1pm	12 Chair Yoga 3:30pm Beginner Flow 5pm Yin Yoga 6:30pm	13 Yoga Flow 6:30pm	14 Heated Rise & Flow 7am	15 Power Yoga 6:30pm	16 **Men's Yoga 6:30pm	17 Hot Yoga 9am Hot Yoga 10:30am
18	19 Chair Yoga 3:30pm Beginner Flow 5pm Yin Yoga 6:30pm	20 Yoga Flow 6:30pm	21 Heated Rise & Flow 7am	22 Power Yoga 6:30pm	23	24 Hot Yoga 7:30am Hot Yoga 9am
25	26 NO CLASSES	27 Yoga Flow 6:30pm	28 Heated Rise & Flow 7am	29 NO CLASSES	30	31 Hot Yoga 9am Hot Yoga 10:30am