

MAY 2026

MONTHLY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					1 FULL MOON FLOW 6:30PM	2 HOT YOGA 9AM
3 PILATES 8AM	4 CHAIR YOGA 3:30PM BEGINNER FLOW 5PM POWER YOGA 6:30PM	5 YOGA FLOW 6PM PILATES 7:30PM	6 HOT YOGA 10AM CHILL & FLOW 6:30PM	7 POWER YOGA 6:30PM	8 GENTLE YOGA 6:30PM	9 HOT YOGA 7:30AM HOT YOGA 9AM
10 PILATES 8AM	11 CHAIR YOGA 3:30PM BEGINNER FLOW 5PM	12 YOGA FLOW 6PM	13 HOT YOGA 10AM CHILL & FLOW 6:30PM	14 POWER YOGA 6:30PM	15 90'S FLOW 6:30PM	16 HOT YOGA 9AM
17 REIKI & SOUND BATH 5PM	18 CHAIR YOGA 3:30PM BEGINNER FLOW 5PM POWER YOGA 6:30PM	19 YOGA FLOW 6PM PILATES 7:30PM	20 HOT YOGA 10AM CHILL & FLOW 6:30PM	21 POWER YOGA 6:30PM	22 GENTLE YOGA 6:30PM	23 HOT YOGA 7:30AM HOT YOGA 9AM
24 NO CLASS	25 NO CLASS	26 YOGA FLOW 6PM PILATES 7:30PM	27 HOT YOGA 10AM CHILL & FLOW 6:30PM	28 POWER YOGA 6:30PM	29 GENTLE YOGA 6:30PM	30 HOT YOGA 9AM
31 PILATES 8AM RAP YOGA 10AM						