

# May



# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 5:30 pm – 6:15 pm Tone & Transform (Jackie)	<b>2</b> 8:30 am – 9:30 am Qigong (Carol) 6:30 pm – 7:30 pm Vinyasa/Kundalini Mix (Mandy)	<b>3</b> 6:30 pm – 7:30 pm Vinyasa/Kundalini Mix (Mandy)	<b>4</b> 9:30 am – 10:30 am Slow Flow (Joe) 5:30 pm – 7:00 pm Yin (Carol)	<b>5</b> No Classes	<b>6</b> 9:30 am – 10:30 am Hatha Flow (Cindy)
<b>7</b> 9:30 am – 10:30 am Creative Flow (Mandy)	<b>8</b> 5:30 pm – 6:15 pm Tone & Transform (Jackie)	<b>9</b> 8:30 am – 9:30 am Qigong (Carol) 5:30 pm – 6:30 pm Vinyasa/Kundalini Mix (Mandy)	<b>10</b> 5:30 pm – 6:30 pm Vinyasa/Kundalini Mix (Mandy)	<b>11</b> 9:30 am – 10:30 am Slow Flow (Joe) 5:30 pm – 7:00 pm Yin (Carol)	<b>12</b> No Classes	<b>13</b> 9:30 am – 10:30 am Vinyasa (Mandy)
<b>14</b> 9:30 am – 10:30 am Creative Flow (Mandy)	<b>15</b> 5:30 pm – 6:15 pm Tone & Transform (Jackie)	<b>16</b> 8:30 am – 9:30 am Qigong (Carol) 6:30 pm – 7:30 pm Vinyasa/Kundalini Mix (Mandy)	<b>17</b> 6:30 pm – 7:30 pm Vinyasa/Kundalini Mix (Mandy)	<b>18</b> 9:30 am – 10:30 am Slow Flow (Joe) 5:30 pm – 7:00 pm Yin (Carol)	<b>19</b> No Classes	<b>20</b> 9:30 am – 10:30 am Creative Flow (Joe)
<b>21</b> 9:30 am – 10:30 am Creative Flow (Mandy)	<b>22</b> 5:30 pm – 6:15 pm Tone & Transform (Jackie)	<b>23</b> 8:30 am – 9:30 am Qigong (Carol) 5:30 pm – 6:30 pm Vinyasa/Kundalini Mix (Mandy)	<b>24</b> 5:30 pm – 6:30 pm Vinyasa/Kundalini Mix (Mandy)	<b>25</b> 9:30 am – 10:30 am Slow Flow (Joe) 5:30 pm – 7:00 pm Yin (Carol)	<b>26</b> No Classes	<b>27</b> 9:30 am – 10:30 am Vinyasa (Mandy)
<b>28</b> 9:30 am – 10:30 am Creative Flow (Mandy)	<b>29</b> 5:30 pm – 6:15 pm Tone & Transform (Jackie)	<b>30</b> 8:30 am – 9:30 am Qigong (Carol) 6:30 pm – 7:30 pm Vinyasa/Kundalini (Mandy)	<b>31</b> 6:30 pm – 7:30 pm Vinyasa/Kundalini Mix (Mandy)			