

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01 6PM BEGINNER ANDREA	02 5PM EGINNER HEATHER 6:30PM BREATHE & FLOW SHEENA	03 12PM YOGA YOUR WAY LOUISE 5:30PM BUTI CHANDRA 7PM WIND DOWN ANDREA	04 5:30PM YOGA WITH A TWIST PAM 7PM WARM FLOW SHEENA	05	06 9AM RISE & STRETCH HEATHER
07 9AM GENTLE AMANDA	08 6PM BEGINNER ANDREA	09 5PM EGINNER HEATHER 6:30PM BREATHE & FLOW SHEENA	10 12PM YOGA YOUR WAY LOUISE 5:30PM BUTI CHANDRA 7PM WIND DOWN ANDREA	11 5:30PM YOGA WITH A TWIST PAM 7PM WARM FLOW SHEENA	12	13 9AM RISE & STRETCH PAM
14 9AM GENTLE AMANDA	15 6PM BEGINNER ANDREA	16 5PM EGINNER HEATHER 6:30PM BREATHE & FLOW SHEENA	17 12PM YOGA YOUR WAY LOUISE 5:30PM BUTI CHANDRA 7PM WIND DOWN ANDREA	18 5:30PM YOGA WITH A TWIST PAM 7PM WARM FLOW SHEENA	19 6AM EARLY MORNING YOGA HEATHER	20 9AM RISE & STRETCH HEATHER 3PM YOGA WITH THE ANIMALS AT TREEHOUSE HEATHER \$15
21 9AM GENTLE AMANDA 3PM KUNDALINI YOGA BASICS HEATHER \$15	22 6PM BEGINNER ANDREA	23 5PM EGINNER HEATHER 6:30PM BREATHE & FLOW SHEENA	24 12PM YOGA YOUR WAY LOUISE 7PM WIND DOWN ANDREA	25 5:30PM YOGA WITH A TWIST PAM 7PM WARM FLOW SHEENA	26 6AM EARLY MORNING YOGA HEATHER	27 9AM RISE & STRETCH HEATHER
28 9AM GENTLE AMANDA	29 HAPPY MEMORIAL DAY!	30 5PM EGINNER HEATHER 6:30PM BREATHE & FLOW SHEENA	31 12PM YOGA YOUR WAY LOUISE 7PM WIND DOWN ANDREA	01	02	03

# 05. MAY



## SPECIAL EVENTS

- Yoga with the Animals at Treehouse 5/20 \$15
- Kundalini Yoga Basics 5/21 \$15

## CONTACT US

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