

# April 2024

| MONDAY                           | TUESDAY           | WEDNESDAY              | THURSDAY   | FRIDAY                       | SATURDAY  |
|----------------------------------|-------------------|------------------------|--|------------------------------|---|
| FLOW 1<br>9AM<br>BUTI<br>6:30PM  | FLOW 2<br>5:30PM  | ● FLOW 3<br>9AM        | BUTI 4<br>10:30AM<br>● REST &<br>RECOVER<br>5:30PM | ● FLOW 5<br>7:30AM &<br>9AM  | FLOW 6<br>9AM   |
| FLOW 8<br>9AM<br>BUTI<br>6:30PM  | FLOW 9<br>5:30PM  | ● FLOW 10<br>6AM & 9AM | BUTI 11<br>10:30AM<br>● YIN<br>5:30PM              | ● FLOW 12<br>7:30AM &<br>9AM | FORREST 13<br>9AM   |
| FLOW 15<br>9AM<br>BUTI<br>6:30PM | FLOW 16<br>5:30PM | ● FLOW 17<br>9AM       | BUTI 18<br>10:30AM<br>● YIN<br>5:30PM              | ● FLOW 19<br>7:30AM &<br>9AM | FLOW 20<br>9AM  |
| FLOW 22<br>9AM<br>BUTI<br>6:30PM | FLOW 23<br>5:30PM | ● FLOW 24<br>6AM & 9AM | BUTI 25<br>10:30AM<br>● YIN<br>5:30PM              | ● FLOW 26<br>7:30AM &<br>9AM | FORREST 27<br>9AM   |
| FLOW 29<br>9AM<br>BUTI<br>6:30PM | FLOW 30<br>5:30PM | ● KEY = NON-HEATED     |  |                              |  |

Register online for updated schedule and cancellation notifications  
**PRE-REGISTRATION REQUIRED FOR 6AM CLASS**