


MAY 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>● KEY = NON-HEATED</p>		1	2	3	4
		● FLOW 9AM	● YIN 9AM & 5:30PM BUTI 10:30AM	● FLOW 7:30AM & 9AM	● FLOW 9AM
6	7	8	9	10	11
● FLOW 9AM BUTI 6:30PM	● FLOW 5:30PM	● FLOW 9AM	● YIN 9AM & 5:30PM BUTI 10:30AM	● FLOW 7:30AM & 9AM	● FORREST 9AM
13	14	15	16	17	18
● FORREST 9AM BUTI 6:30PM	● FLOW 5:30PM	● FLOW 6AM & 9AM SCULPT 5:30PM	● YIN 9AM & 5:30PM BUTI 10:30AM	● FLOW 7:30AM & 9AM	● FLOW 9AM
20	21	22	23	24	25
● FORREST 9AM BUTI 6:30PM	● FLOW 5:30PM	● FLOW 9AM SCULPT 5:30PM	● YIN 9AM & 5:30PM ● REST & RECOVER 5:30PM	● FLOW 7:30AM & 9AM	● FORREST 9AM
27	28	29	30	31	
	● FLOW 5:30PM	● FLOW 6AM & 9AM SCULPT 5:30PM	● YIN 9AM & 5:30PM BUTI 10:30AM	● FLOW 7:30AM & 9AM	

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