

"You are never too old to set another goal  
or to dream a new dream."  
—Malala Yousafzai

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(F) = Fitness Class (Y) = Yoga Class (E) = Event	1	2 (Y) Yin Yoga 6:00pm-7:00pm	3 Back to the Basics, Yoga 101 6:00pm-7:00pm	4 (F) Flexibility Deep Dive 6:00pm-7:15pm	5 Schedule your private between 5:30pm - 8pm	6
7 Hatha Flow 9am-10am	8	9 Chair Yoga 6:00pm-7:00pm	10 Back to the Basics, Yoga 101 6:00pm-7:00pm	11 (F) Flexibility Deep Dive 6:00pm-7:15pm	12 Schedule your private between 5:30pm - 8pm	13
14 Hatha Flow 9am-10am	15	16 (Y) Yin Yoga 6:00pm-7:00pm	17 Back to the Basics, Yoga 101 6:00pm-7:00pm	18 (F) Flexibility Deep Dive 6:00pm-7:15pm	19 Schedule your private between 5:30pm - 8pm	20
21 Hatha Flow 9am-10am	22	23 Chair Yoga 6:00pm-7:00pm	24 Back to the Basics, Yoga 101 6:00pm-7:00pm	25 (F) Flexibility Deep Dive 6:00pm-7:15pm	26 Schedule your private between 5:30pm - 8pm	27
28 Hatha Flow 9am-10am	29	30 (Y) Yin Yoga 6:00pm-7:00pm			<ul style="list-style-type: none"> <li>-Book your private with us..</li> <li>-Personal Training / Assisted Stretching</li> <li>-Inversion Training</li> <li>-Reiki, etc.</li> </ul>	
					<p>Stop by for a detoxing dip in the sauna to relax and unwind. Call or text to book a time slot.</p>	

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