

"Not all storms come to disrupt your life, some come to clear your path."  
 - Unknown

# April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(F) = Fitness Class (Y) = Yoga Class (E) = Event		1 <i>Chair Yoga</i> 6:00pm-7:00pm	2 <i>Back to the Basics,</i> <i>Yoga 101</i> 6:00pm-7:00pm	3 <i>(F)Flexibility</i> <i>Deep Dive</i> 6:00pm-7:15pm	4	5
6 <i>(Y)Hatha Yoga</i> 9:00am-10:00am	7 <i>(F)Agni (Fire)</i> 6:0pm - 6:45pm)	8 <i>(Y)Yin Yoga</i> 6:00pm-7:00pm	9 <i>Back to the Basics,</i> <i>Yoga 101</i> 6:00pm-7:00pm	10 <i>(F)Flexibility</i> <i>Deep Dive</i> 6:00pm-7:15pm	11	12
13 <i>(Y)Hatha Yoga</i> 9:00am-10:00am	14 <i>(F)Agni (Fire)</i> 6:0pm - 6:45pm)	15 <i>Chair Yoga</i> 6:00pm-7:00pm	16 <i>Back to the Basics,</i> <i>Yoga 101</i> 6:00pm-7:00pm	17 <i>(F)Flexibility</i> <i>Deep Dive</i> 6:00pm-7:15pm	18	19
20 <i>(Y)Hatha Yoga</i> 9:00am-10:00am	21 <i>(F)Agni (Fire)</i> 6:0pm - 6:45pm)	22 <i>(Y)Yin Yoga</i> 6:00pm-7:00pm	23 <i>Back to the Basics,</i> <i>Yoga 101</i> 6:00pm-7:00pm	24 <i>(F)Flexibility</i> <i>Deep Dive</i> 6:00pm-7:15pm	25	26
27 <i>(Y)Hatha Yoga</i> 9:00am-10:00am	28 <i>(F)Agni (Fire)</i> 6:0pm - 6:45pm)	29 <i>Chair Yoga</i> 6:00pm-7:00pm	30 <i>Back to the Basics,</i> <i>Yoga 101</i> 6:00pm-7:00pm	<i>(F)Flexibility</i> <i>Deep Dive</i> 6:00pm-7:15pm		
					-Book your private with us.. -Personal Training / Assisted Stretching -Inversion Training -Massage / Sauna	

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