

"The only person you are destined to become is the person you decide to be."  
 —Ralph Waldo Emerson

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(F) = Fitness Class (Y) = Yoga Class (E) = Event			1 Back to the Basics, Yoga 101 6:00pm-7:00pm	2 (F)Flexibility Deep Dive 6:00pm-7:15pm	3 Schedule your private between 5:30pm - 8pm	4
Hatha Flow in the Park 5 9am-10am 725 W Broadway St Lawrenceburg, KY 40342 If it rains, class will be in studio	6	7 Chair Yoga 6:00pm-7:00pm	8 Back to the Basics, Yoga 101 6:00pm-7:00pm	9 (F)Flexibility Deep Dive 6:00pm-7:15pm	10 Schedule your private between 5:30pm - 8pm	11
Hatha Flow in the Park 12 9am-10am 725 W Broadway St Lawrenceburg, KY 40342 If it rains, class will be in studio	13	14 (Y)Yin Yoga 6:00pm-7:00pm	15 Back to the Basics, Yoga 101 6:00pm-7:00pm	16 (F)Flexibility Deep Dive 6:00pm-7:15pm	17 Schedule your private between 5:30pm - 8pm	18
Hatha Flow in the Park 19 9am-10am 725 W Broadway St Lawrenceburg, KY 40342 If it rains, class will be in studio	20	21 No Classes	22 No Classes	23 No Classes	24 Closed	25
Hatha Flow in the Park 26 9am-10am 725 W Broadway St Lawrenceburg, KY 40342 If it rains, class will be in studio	27	28 (Y)Yin Yoga 6:00pm-7:00pm	29 Back to the Basics, Yoga 101 6:00pm-7:00pm	30 (F)Flexibility Deep Dive 6:00pm-7:15pm	31 Schedule your private between 5:30pm - 8pm	
-Book your private with us.. -Personal Training / Assisted Stretching -Inversion Training -Reiki, etc.				Stop by for a detoxing dip in the sauna to relax and unwind. Book on line or text for a time slot.		

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