

GSY Yoga Schedule 12/8/26-6/30/26

December 2025

8, 22	Upper Body
10, 24	Lower Body
15, 29	Whole Body
17, 31	Pilates Ball

February

2, 16	Upper Body
4, 18	Lower Body
9, 23	Whole Body
11, 25	Pilates Ball

April

13, 27	Upper Body
1, 15, 29	Lower Body
6, 20	Whole Body
8, 22	Pilates Ball

June

8, 22	Upper Body
10, 24	Lower Body
1, 15, 29	Whole Body
3, 17	Pilates Ball

January 2026

5, 19	Upper Body
7, 21	Lower Body
12, 26	Whole Body
14, 28	Pilates Ball

March

2, 16, 30	Upper Body
4, 18	Lower Body
9, 23	Whole Body
11, 25	Pilates Ball

May

11, 25	Upper Body
13, 27	Lower Body
4, 18	Whole Body
6, 20	Pilates Ball