

# April 2026

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>-KEY- ● =HEATED BLANK SPOT=NO CLASS</p>		<p>1 TUE</p>	<p>2</p>	<p>3 FLOW 9AM YIN 10:30AM</p> 	<p>4 FLOW ● 9AM</p>
<p>6 FLOW ● 9AM</p>	<p>7 EASE &amp; ESSENCE :EMBODIED FLOW 5:30PM</p>	<p>8 FORREST ● 5:30PM</p>	<p>9 YIN 5:30PM</p>	<p>10 FLOW 9AM YIN 10:30AM</p>	<p>11 FORREST ● 9AM</p>
<p>13 FLOW ● 9AM</p>	<p>14 EASE &amp; ESSENCE :EMBODIED FLOW 5:30PM</p>	<p>15 FORREST ● 5:30PM</p>	<p>16</p>	<p>17 FLOW 9AM YIN 10:30AM</p>	<p>18 FLOW ● 9AM</p>
<p>20 FLOW ● 9AM</p>	<p>21 EASE &amp; ESSENCE :EMBODIED FLOW 5:30PM</p>	<p>22 FORREST ● 5:30PM</p>	<p>23 YIN 5:30PM</p>	<p>24 FLOW 9AM YIN 10:30AM</p>	<p>25 FORREST ● 9AM</p>
<p>27 FLOW ● 9AM</p>	<p>28 EASE &amp; ESSENCE :EMBODIED FLOW 5:30PM</p>	<p>29 FORREST ● 5:30PM</p>	<p>30 YIN 5:30PM</p>		

Register online for updated schedule and cancellation notifications