

MAY 2026

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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|--|--|------------------------------------|---|---|---------------------------------|
| <p>-KEY- ● =HEATED BLANK SPOT=NO CLASS</p> | | | | <p>1 FLOW 9AM</p> | <p>2 FLOW ● 9AM</p> |
| <p>4</p> | <p>5</p> | <p>6</p> | <p>7</p> | <p>8</p> | <p>9</p> |
| <h2>STUDIO RENOVATION WEEK</h2> | | | | | |
| <p>11 FLOW ● 9AM</p> | <p>12 EASE & ESSENCE :EMBODIED FLOW 5:30PM</p> | <p>13 FORREST ● 5:30PM</p> | <p>14 CHAT 10AM <hr/>YIN 5:30PM</p> | <p>15 FLOW 9AM <hr/>YIN 10:30AM</p> | <p>16 FLOW ● 9AM</p> |
| <p>18 FLOW ● 9AM</p> | <p>19 EASE & ESSENCE :EMBODIED FLOW 5:30PM</p> | <p>20 FORREST ● 5:30PM</p> | <p>21 CHAT 10AM <hr/>YIN 5:30PM</p> | <p>22 FLOW 9AM <hr/>YIN 10:30AM</p> | <p>23 FORREST ● 9AM</p> |
| <p>25 FLOW ● 9AM ★★★☆☆</p> | <p>26 EASE & ESSENCE :EMBODIED FLOW 5:30PM</p> | <p>27 FORREST ● 5:30PM</p> | <p>28 CHAT 10AM <hr/>YIN 5:30PM</p> | <p>29 FLOW 9AM <hr/>YIN 10:30AM</p> | <p>30 FORREST ● 9AM</p> |

Register online for updated schedule and cancellation notifications