

January

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:30-10:30 Kelli Slow Flow Yoga (\$10)	9:00 am Jessica 80's Flow (\$10) 6:00-7:15 Michelle M. - Drop in Yoga	9:30-10:30 Michael Yoga for Strength & Alignment (\$10) 5:30-6:30 Gina Yin Inspired Slow Flow	
5 2:00-3:00 Burlesque 101 3:00-4:00 Burlesque Choreo Class	6 9:30-10:30 Kelli Slow Flow Yoga (\$10)	7 9:30-10:30 Michael Strength, Alignment & Awareness (\$10)	8 9:30-10:30 Kelli Slow Flow Yoga (\$10)	9 9:00 am Jessica 80's Flow (\$10) 6:00-7:15 Michelle New Series – Women's Health Yoga	10 9:30-10:30 Michael Yoga for Strength & Alignment 5:30-6:30 Gina Yin Inspired Slow Flow (\$10)	11
12 2:00-3:00 Burlesque 101 3:00-4:00 Burlesque Choreo Class	13 9:30-10:30 Kelli Slow Flow Yoga (\$10)	14 9:30-10:30 Michael Strength, Alignment	15 9:30-10:30 Kelli Slow Flow Yoga (\$10)	16 9:00 am Jessica 80's Flow (\$10) 6:00-7:15 Michelle Women's Health	17 9:30-10:30 Michael Yoga for Strength & Alignment (\$10) 5:30-6:30 Gina Yin Inspired Slow Flow	18
19 No Class for Dance!	20 9:30-10:30 Kelli Slow Flow Yoga (\$10)	21 9:30-10:30 Michael Strength, Alignment & Awareness (\$10)	22 9:30-10:30 Kelli Slow Flow Yoga (\$10)	23 9:00 am Jessica 80's Flow (\$10) 6:00-7:15 Michelle Women's Health Yoga	24 9:30-10:30 Michael Yoga for Strength & Alignment (\$10) 5:30-6:30 Gina Yin Inspired Slow Flow (\$10)	25
26 2:00-3:00 Burlesque 101 3:00-4:00 Burlesque Choreo Class	27 9:30-10:30 Kelli Slow Flow Yoga (\$10)	28 9:30-10:30 Michael Strength, Alignment & Awareness (\$10)	29 9:30-10:30 Kelli Slow Flow Yoga (\$10)	30 9:00 am Jessica 80's Flow (\$10) 6:00-7:15 Michelle Women's Health Yoga	31 9:30-10:30 Michael Yoga for Strength & Alignment (\$10) 5:30-6:30 Gina Yin Inspired Slow Flow (\$10)	