

April Studio Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2		1 730am Hip Hatha	2 730am Body Flow 9am Community Hatha Yoga	3	4 730am Zen Flow  6pm Satsang	5 830am Community Restorative Yoga
6 830am Gentle Hatha 10am Gentle Hatha	7 730am Yoga Study 530pm Core & Restore	8 730am Hip Hatha	9 730am Body Flow 9am Community Hatha Yoga	10  6pm Book Club	11 730am Zen Flow	12 830am Community Restorative Yoga
13 830am Gentle Hatha 10am Gentle Hatha	14 730am Yoga Study 530pm Core & Restore	15 730am Hip Hatha	16 730am Body Flow 9am Community Hatha Yoga	17	18 730am Zen Flow  6pm Satsang	19 830am Community Restorative Yoga
20 830am Gentle Hatha 10am Gentle Hatha	21 730am Yoga Study 530pm Core & Restore	22 730am Hip Hatha	23 730am Body Flow 9am Community Hatha Yoga	24	25 730am Zen Flow	26 830am Community Restorative Yoga
27 830am Gentle Hatha 10am Gentle Hatha	28 730am Yoga Study 530pm Core & Restore	29 730am Hip Hatha	30 730am Body Flow 9am Community Hatha Yoga			

****Pay as you Wish Sessions: be mindful and pay as you wish. Sessions are suitable for all level of Yogi**

****Studio Closed or change in regular schedule**

**** Wellness Community Event**

****Second Sunday session occurs if there is overflow from 830am**

