



MAY SCHEDULE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rise & Shine Yoga 6:30 - 7:30am Brandi		Rise & Shine Yoga 6:30 - 7:30am Brandi			
		WARRIOR Rhythm™ *** 7:30 - 8:15am Dana			Vinyasa* (Heated) 8:00 - 9:00am Brandi	Slow Flow (Heated) 8:30 - 9:30am Shino
Vinyasa* (Heated) 9:00 - 10:00am Shino	Barre** 9:15 - 10:00am Dana	Vinyasa* (Heated) 9:00 - 10:00am Kathleen			Deep Stretch (Warm) 9:15 - 10:15am Kathleen	
Gentle Yoga 10:30 - 11:30am Shino	Gentle Yoga 10:30 - 11:30am Kathleen	Deep Stretch (Warm) 10:30 - 11:30am Kathleen	Gentle Yoga 10:30 - 11:30am Dana	Slow Flow (Heated) 10:30 - 11:30am Shino		
						SOUND JOURNEY: Flower Moon Sunday, May 19th 3-4p <b>\$24</b>
Body Sculpt** 5:30 - 6:15pm Beth	Wall Pilates** 5:00 - 5:45pm Dana	Barre** 5:30 - 6:15pm Dana	Pitaiyo** 5:00 - 5:45pm Alex			
Vinyasa* 6:30 - 7:30pm Beth	Slow Flow (Warm) 6:00 - 7:00pm Jessica	Vinyasa* (Heated) 6:30 - 7:30pm Kendra	Vinyasa* (Heated) 6:00 - 7:00pm Brandi			
	Yin Yoga 7:15 - 8:15pm Jen			Warm class temp: 75-80° / Heated class temp: 85-90° *Classes designed for intermediate to advanced practitioners **Fitness classes - 45 minutes		

ASHTANGA YOGA w/ Shino - Sunday, May 5th, 3p-4:30p **\$25** (FREE for VHYF Unlimited Members who bring a paying friend)

MOVING THROUGH MENOPAUSE - Saturday, May 18th, 12p - 2pm **\$35** (\$30 for VHYF Unlimited Members)