

THE ZEN ZONE

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 10-11:30 Restorative (sign-up) 1-2:30 Yin & Yang 5:20-6 Meditation 6:30-8 Restorative (sign-up)	29 12:10-12:50 Active Flow 6-7 Detox Yoga 7:30-8:30 Warm	30 6:30-7:30 AM Flow 9:30-10:30 Yin 12:10-12:50 Core 5:45-6:45 The Feels 7:15-8:30 Power Flow	1 12:10-12:50 Flow 5:30-6:45 Grow with the Flow 7:15-8:30 Yin	2 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips	3 12:10-12:50 Gentle Flow 5:30-6:30 Yin	4 9:30-10:30 Warm 11-12 Flow 1-3 Workshop #2 Get in Touch
5 10-11:30 Restorative (sign-up) 1-2:30 Sweet & Slow 5:20-6 Meditation 6:30-8 Restorative (sign-up)	6 12:10-12:50 Active Flow 6-7 Detox Yoga 7:30-8:30 Warm	7 6:30-7:30 AM Flow 9:30-10:30 Yin 12:10-12:50 Core 5:45-6:45 The Feels 7:15-8:30 Power Flow	8 12:10-12:50 Flow 5:30-6:45 Grow with the Flow 7:15-8:30 Yin	9 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips	10 12:10-12:50 Gentle Flow 5:30-6:30 Yin	11 9:30-10:30 Warm 11-12 Flow 1-2:30 Socks & Blocks
26 10-11:30 Restorative (sign-up) 5:20-6 Meditation 6:30-8 Restorative (sign-up)	13 12:10-12:50 Active Flow 6-7 Detox Yoga 7:30-8:30 Warm	14 6:30-7:30 AM Flow 9:30-10:30 Yin 12:10-12:50 Core 5:45-6:45 The Feels 7:15-8:30 Power Flow	15 12:10-12:50 Flow 5:30-6:45 Grow with the Flow 7:15-8:30 Yin	16 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips	17 12:10-12:50 Gentle Flow 5:30-6:30 Yin	18 CLOSED
19 CLOSED	20 CLOSED	21 6:30-7:30 AM Flow 9:30-10:30 Yin 12:10-12:50 Core 5:45-6:45 The Feels 7:15-8:30 Power Flow	22 12:10-12:50 Flow 5:30-6:45 Grow with the Flow 7:15-8:30 Yin	23 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips	24 12:10-12:50 Gentle Flow 5:30-6:30 Yin	25 9:30-10:30 Warm 11-12 Flow
26 5:20-6 Meditation 6:30-8 Restorative (sign-up)	27 12:10-12:50 Active Flow 6-7 Detox Yoga 7:30-8:30 Warm	28 6:30-7:30 AM Flow 9:30-10:30 Yin 12:10-12:50 Core 5:45-6:45 The Feels 7:15-8:30 Power Flow	29 12:10-12:50 Flow 5:30-6:45 Grow with the Flow 7:15-8:30 Yin	30 12:10-12:50 Core 5:30-6:45 Warm 2.0 7:15-8:15 Hot Hips	31 12:10-12:50 Gentle Flow 5:30-6:30 Yin	1 9:30-10:30 Warm 11-12 Flow