

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:45a Flow & Core (75 mins) Melanie 12:15p Hatha Fundamentals (Melanie) 4:30p Barre (Mallory) NEW 6:30p Hatha Flow 1 (Sandra) 7:45p Yin @ Restorative (75 mins) Sandra	2 10:45a Vinyasa 1 (75mins) Rocio 12:15p Hatha Flow 1-2 (Rocio) 4:30p Vinyasa Flow 1-2 (75mins) Melanie NEW 6:30p Vinyasa 1 (Parry) 7:45p Pilates Sculpt(Parry)	3 9:30a Barre (Mallory) 10:45a Yin Yoga (75mins) Sandra 6:30p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	4 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:30p Community (\$8) (Becky)	5 9:30a Hatha Flow 1 (Rocio) 10:45a Vinyasa 1 (Rocio)
6 10:45a Barre (Mallory) 12:15p Community (\$8) Nicole 1:30p Yin & Restorative (75 mins) Nicole	7 9:30a Pilate Sculps (Mallory) 10:45a Vinyasa 1 (75mins) Rocio 4:30p Yin & Restorative (75mins) Becky NEW 6:30p Vinyasa 2 (75mins) Becky 8:00p Hatha Flow 1 (Becky)	8 10:45a Flow & Core (75 mins) Melanie 12:15p Hatha Fundamentals (Melanie) 4:30p Barre (Mallory) NEW 6:30p Hatha Flow 1 (Sandra) 7:45p Yin @ Restorative (75 mins) Sandra	9 10:45a Vinyasa 1 (75mins) Rocio 12:15p Hatha Flow 1-2 (Rocio) 4:30p Vinyasa Flow 1-2 (75mins) Melanie NEW 6:30p Vinyasa 1 (Parry) 7:45p Pilates Sculpt(Parry)	10 9:30a Barre (Mallory) 10:45a Yin Yoga (75mins) Sandra 6:30p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	11 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:30p Community (\$8) (Becky)	12 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
13 10:45a Barre (Mallory) 12:15p Community (\$8) Nicole 1:30p Yin & Restorative (75 mins) Nicole	14 9:30a Pilate Sculps (Mallory) 10:45a Vinyasa 1 (75mins) Rocio 4:30p Yin & Restorative (75mins) Becky NEW 6:30p Vinyasa 2 (75mins) Becky 8:00p Hatha Flow 1 (Becky)	15 10:45a Flow & Core (75 mins) Melanie 12:15p Hatha Fundamentals (Melanie) 4:30p Barre (Mallory) NEW 6:30p Hatha Flow 1 (Sandra) 7:45p Yin @ Restorative (75 mins) Sandra	16 10:45a Vinyasa 1 (75mins) Rocio 12:15p Hatha Flow 1-2 (Rocio) 4:30p Vinyasa Flow 1-2 (75mins) Melanie NEW 6:30p Vinyasa 1 (Parry) 7:45p Pilates Sculpt(Parry)	17 9:30a Barre (Becky) 10:45a Yin Yoga (75mins) Sandra 6:30p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	18 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:30p Community (\$8) (Becky)	19 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
20 Victoria Day Weekend	21 Victoria Day	22 10:45a Flow & Core (75 mins) Melanie 12:15p Hatha Fundamentals (Melanie) 4:30p Barre (Mallory) NEW 6:30p Hatha Flow 1 (Sandra) 7:45p Yin @ Restorative (75 mins) Sandra	23 10:45a Vinyasa 1 (75mins) Rocio 12:15p Hatha Flow 1-2 (Rocio) 4:30p Vinyasa Flow 1-2 (75mins) Melanie NEW 6:30p Vinyasa 1 (Becky) 7:45p Pilates Sculpt(Becky)	24 9:30a Barre (Mallory) 10:45a Yin Yoga (75mins) Sandra 6:30p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	25 10:45a Hatha Flow 1-2 (75mins) Becky 12:15p Flow & Core (Becky) 6:30p Community (\$8) (Becky)	26 9:30a Hatha Flow 1 (Becky) 10:45a Vinyasa 1 (Becky)
27 10:45a Barre (Mallory) 12:15p Community (\$8) Nicole 1:30p Yin & Restorative (75 mins) Nicole	28 9:30a Pilate Sculps (Mallory) 10:45a Vinyasa 1 (75mins) Rocio 4:30p Yin & Restorative (75mins) Becky NEW 6:30p Vinyasa 2 (75mins) Becky 8:00p Hatha Flow 1 (Becky)	29 10:45a Flow & Core (75 mins) Melanie 12:15p Hatha Fundamentals (Melanie) 4:30p Barre (Mallory) NEW 6:30p Hatha Flow 1 (Sandra) 7:45p Yin @ Restorative (75 mins) Sandra	30 10:45a Vinyasa 1 (75mins) Rocio 12:15p Hatha Flow 1-2 (Rocio) 4:30p Vinyasa Flow 1-2 (75mins) Melanie NEW 6:30p Vinyasa 1 (Parry) 7:45p Pilates Sculpt(Parry)	31 9:30a Barre (Mallory) 10:45a Yin Yoga (75mins) Sandra 6:30p Flow & Core (Becky) 7:45p Vinyasa 1-2 (75mins) Becky	This schedule is subject to change. Please check online schedule, Instagram or FB page for most updated schedule.	