

April

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|---|--|---|--|---|---|--|
| 1 | 2 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Carolyn 6:00-Yin-Mary Lou 6:00- Mindful Motion-Sandy | 3 9:00-Level 1-Kim 10:30-Level 3-Sarah T 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Susan 6:30-YogaMoves-Rodney 6:30-Level 1&2-Susan | 4 9:00- Ageless Mixed Lev – Mary Lou 9:30-Yin-Sarah T 10:30-Gentle/Ageless-Mary Lou 6:30-Flow 2&3-Randi 6:30-Prenat-Carolyn | 5 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Nancy 5-Level 2-Debbie 6:30-Level 1-Debbie | 6 9:00-Level 3-Randi 9:00-Med-Mary Lou 10:30-Level 1-Randi 10:30- Ageless/Gentle-Mary Lou | 7 9AM-Mixed Level-Kerry 9AM-Mindful-Sandy 10:30-6:30-300 Hr TT |
| 8 10:00-6:00-300 Hr TT | 9 9- Ageless Lev 1-Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle-Sandy 6:00-Yin-Erin 6:00- Mindful Motion-Mary | 10 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Christina | 11 9:00 - Ageless Mixed Lev-JoRoyce 9:30-Yin-Erin 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Kerry 6:30-Prenat-Christina | 12 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Nancy (balls) 5-Level 2-Kerry 6:30-Level 1-Kerry | 13 9:00-Level 3-Liz 9:00-Med-Mary Lou 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle-Mary Lou | 14 9AM-Mixed Level-Liz 9AM-Mindful-Mary Lou |
| 15 1:30 – 4:00 - Yin Yoga & Thai Massage Retreat-Linda & Cheryl | 16 9- Ageless Lev 1-Heather 10:30-Level 2-Sue 10:30- Ageless/Gentle-Carolyn (balls) 6:00-Yin-JoRoyce 6:00- Mindful Motion-Mary | 17 9:00-Level 1-Christina 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Susan 6:30-YogaMoves-Rodney 6:30-Level 1&2-Susan | 18 9:00- Ageless Mixed Lev-Mary Lou 9:30-Yin-Sarah T 10:30-Gentle/Ageless-Mary Lou 6:30-Flow 2&3-Randi 6:30-Prenat-Christina | 19 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Nancy 5-Level 2-Kerry 6:30-Level 1-Kerry | 20 9:00-Level 3-Randi 9:00-Restore/Med-Heather 10:30-Level 1-Randi 10:30- Ageless/Gentle-Sandy | 21 9AM-Mixed Level-Kerry 9AM-Mindful-Mary |
| 22 | 23 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Mary Lou 6:00- Mindful Motion-Mary | 24 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Sarah O 10:30-Restore-Heather 5:00- Level 2 –Kerry 5:00-Level 1-Debbie 6:30-YogaMoves-Kerry 6:30-Level 1&2-Debbie | 25 9:00- Ageless Mixed Lev-JoRoyce 9:30-Yin-Erin 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Brier 6:30-Prenat-Christina | 26 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Nancy 5-Level 2- Sarah T 6:30-Level 1-Sarah T | 27 9:00-Level 3-Liz 9:00-Restore/Med-Heather 10:30-Level 1-Sue (balls) 10:30- Ageless/Gentle-Carolyn | 28 9AM-Mixed Level-Liz 9AM-Mindful-Sandy |
| 29 2:00-4:00 - Brain Yoga-Kim & GeGe | 30 9- Ageless Lev 1-Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle-Sandy 6:00-Yin-Sarah T 6:00- Mindful Motion-Sandy | | | | | |

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