

APRIL YOGA SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
30 <u>7:00 - 8:00 pm</u> Luminous Stretch (Ness)	31 <u>7:30 - 9:00 pm</u> Relax & Renew (Heather)	1 <u>9:30 - 10:45 AM</u> Mindful Movement <u>5:00 - 6:00 PM</u> Core (Heather) <u>7:30 - 8:45 PM</u> Luminous Yin (Ness)	2	3 <u>9:30 - 10:45 AM</u> Rise & Shine (Heather) <u>11:00 - 12:00 PM</u> Baby Yoga (Heather) <u>7:30 - 9:00 PM</u> Restorative Yin	4	5 <u>9:30 - 10:45 AM</u> Gentle Yoga & Sound Healing with Marni
6 <u>7:00 - 8:00 pm</u> Luminous Stretch (Ness)	7 <u>9:00 - 12 pm</u> YTT <u>7:30 - 9:00 pm</u> Relax & Renew (Heather)	8 <u>9:30 - 10:45 AM</u> Mindful Movement <u>5:00 - 6:00 PM</u> Core (Heather) <u>7:30 - 8:45 PM</u> Luminous Yin (Ness)	9	10 <u>9:30 - 10:45 AM</u> Rise & Shine (Heather) <u>11:00 - 12:00 PM</u> <u>Baby Yoga (Heather)</u> <u>7:30 - 9:00 PM</u> Restorative Yin	11	12 <u>9:30 - 10:45 AM</u> Gentle Yoga & Sound Healing with Heather
13 <u>9:00 - 4:00pm</u> Spring into Wellness Event <u>7:00 - 8:00 pm</u> Luminous Stretch (Ness)	14 <u>9:00 - 12 pm</u> YTT <u>7:30 - 9:00 pm</u> Relax & Renew (Heather)	15 <u>9:30 - 10:45 AM</u> Mindful Movement <u>5:00 - 6:00 PM</u> Core (Heather) <u>7:30 - 8:45 PM</u> Luminous Yin (Ness)	16	17 <u>9:30 - 10:45 AM</u> Rise & Shine (Heather) <u>11:00 - 12:00 PM</u> Baby Yoga (Heather) <u>7:30 - 9:00 PM</u> Restorative Yin	18	19 <u>9:30 - 10:45 AM</u> Gentle Yoga & Sound Healing with Marni
20 <u>7:00 - 8:00 pm</u> Luminous Stretch (Ness)	21 <u>9:00 - 12 pm</u> YTT <u>7:30 - 9:00 pm</u> Relax & Renew (Heather)	22 <u>9:30 - 10:45 AM</u> Mindful Movement <u>5:00 - 6:00 PM</u> Core (Heather) <u>7:30 - 8:45 PM</u> Luminous Yin (Ness)	23	24 <u>9:30 - 10:45 AM</u> Rise & Shine (Heather) <u>11:00 - 12:00 PM</u> Baby Yoga (Heather) <u>7:30 - 9:00 PM</u> Restorative Yin	25	26 <u>9:30 - 10:45 AM</u> Gentle Yoga & Sound Healing with Marni
27 <u>7:00 - 8:00 pm</u> Luminous Stretch (Ness)	28 <u>9:00 - 12 pm</u> YTT <u>7:30 - 9:00 pm</u> Relax & Renew (Heather)	29 <u>9:30 - 10:45 AM</u> Mindful Movement <u>5:00 - 6:00 PM</u> Core (Heather) <u>7:30 - 8:45 PM</u> Luminous Yin (Ness)	30	1 <u>9:30 - 10:45 AM</u> Rise & Shine (Heather) <u>11:00 - 12:00 PM</u> Baby Yoga (Heather) <u>7:30 - 9:00 PM</u> Restorative Yin	2	3 <u>9:30 - 10:45 AM</u> Gentle Yoga & Sound Healing with Heather