



## May Class Schedule

<b>MONDAY</b>	<b>Z/S</b>	9:30-10:30 AM	SLOW FLOW	LESLIE
	<b>Z/S</b>	7-8 PM	VINYASA FLOW	ELLEN
<b>TUESDAY</b>	<b>Z/S</b>	8:30-9:30 AM	JOURNEY INTO POWER	SARAH
	<b>S</b>	4:15-5:15 PM	HEROES YOGA	JEN
	<b>Z/S</b>	5:30-6:30 PM	JOURNEY INTO POWER	MADDY
<b>WEDNESDAY</b>	<b>Z/S</b>	6-7 AM	JOURNEY INTO POWER	GARY
	<b>S</b>	5:30-6:30 PM	MUSIC POWER FLOW	LESLIE
	<b>Z/S</b>	7-8 PM	VINYASA FLOW	ELLEN
<b>THURSDAY</b>	<b>Z/S</b>	8:30-9:45 AM	POWER TO YIN	SARAH
	<b>Z/S</b>	12-12:45 PM	YOGA FOUNDATIONS	LESLIE
	<b>Z/S</b>	5:30-6:30 PM	JOURNEY INTO POWER	MADDY
<b>FRIDAY</b>	<b>Z/S</b>	6-6:45 AM	YOGA EXPRESS	GARY
	<b>Z/S</b>	8:30-9:30 AM	JOURNEY INTO POWER	BRI
	<b>Z/S</b>	10:30-11:30 AM	SLOW FLOW	JEN
	<b>Z/S</b>	12-12:30 PM	YOGA NIDRA	JEN
	<b>Z/S</b>	6-7 PM	3 RIVERS YOGA (DONATION-BASED)	COMMUNITY TEACHER
<b>SATURDAY</b>	<b>Z/S</b>	9-10 AM	POWER FLOW	SARAH
<b>SUNDAY</b>	<b>Z/S</b>	9-10 AM	JOURNEY INTO POWER	RACHEL
	<b>Z/S</b>	5:30-6:30 PM	RESTORATIVE YOGA	BRI

**S = OFFERED IN-STUDIO**

**Z = OFFERED VIA ZOOM**