

MAY

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:00am barre (casey) 4:15pm barre (kristin)	2 6:15am pilates (casey) 5:30pm \$5 Fridays (katelynn)	3 9:00am pilates (casey)
4 9:00am power fusion (casey)	5 6:00am barre (casey) 4:15pm pilates (kristin) 5:45pm vinyasa (katelynn)	6 6:00am power vinyasa (casey) 4:15pm core & restore (jillian) 5:30pm kundalini yoga (ditteke) 6:45pm mindful unwind (ditteke)	7 6:15am pilates (casey) 4:15pm kundalini yoga (ditteke) 5:45pm slow flow & restore (katelynn)	8 6:00am barre (casey) 4:15pm barre (kristin) 5:45pm restorative yoga (summer)	9 6:15am pilates (casey) 5:30pm \$5 Fridays (erin)	10 9:00am pilates (casey)
11 9:00am power vinyasa (casey)	12 6:00am barre (casey) 4:15pm pilates (kristin) 5:45pm vinyasa (hattie)	13 6:00am power vinyasa (casey) 4:15pm core & restore (jillian) 5:30pm kundalini yoga (ditteke) 6:45pm mindful unwind (ditteke)	14 6:15am pilates (casey) 4:15pm kundalini yoga (ditteke) 5:45pm slow flow & restore (katelynn)	15 6:00am barre (casey) 4:15pm barre (kristin) 5:45pm restorative yoga (summer)	16 6:15am pilates (casey) 5:30pm \$5 Fridays (jillian)	17 9:00am pilates (casey)
18 9:00am power vinyasa (jillian) 12:00pm herbal remedies: alcohol medicine	19 6:00am barre (casey) 4:15pm pilates (kristin) 5:45pm vinyasa (hattie)	20 6:00am power vinyasa (casey) 4:15pm core & restore (jillian) 5:30pm kundalini yoga (ditteke) 6:45pm mindful unwind (ditteke)	21 6:15am pilates (casey) 4:15pm kundalini yoga (ditteke) 5:45pm slow flow & restore (ditteke)	22 6:00am barre (casey) 4:15pm barre (kristin) 5:30pm restorative yoga (summer)	23 6:15am pilates (casey) 5:30pm \$5 Fridays (casey)	24 9:00am pilates (casey)
25 9:00am power fusion (casey)	26 MEMORIAL DAY	27 6:00am power vinyasa (casey) 4:15pm core & restore (jillian) 5:30pm kundalini yoga (ditteke)	28 6:15am pilates (casey) 4:15pm kundalini yoga (ditteke) 5:45pm slow flow & restore (katelynn)	29 6:00am barre (casey) 4:15pm barre (kristin) 5:45pm mindful unwind (ditteke)	30 6:15am pilates (casey) 5:30pm \$5 Friday (casey)	31 9:00am bootcamp (adrianna)

*schedule is subject to changes. please refer to our online booking calendar for any updates.