



MAY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SERIES beBASICS: Intro2Barre/Pilates 3/29 – 5/10	*SERIES* MAMA STRONG 4/7 – 5/19 (no class 4/21) <i>Single class drop-ins available!</i>	*SERIES* beBASICS: Intro2Barre/Pilates 5/21 – 6/25 <i>Please enroll on Mindbody</i>		1 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	2 10:30-11:30am cardioBARRE <i>*time change this day only*</i> 6 – 7:30pm *SPA YOGA* <i>Restorative Event (separate fee applies)</i>	3 8 – 8:45am beBASICS* 9:00-10:00am barreEFFECT
4 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	5 9:30-10:20am beSTRENGTH 10:30-11:15am MAMA STRONG* 5:15-6:10pm barreCORE 6:15-7:15pm pilatesREMIX	6 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	7 9:30-10:30am barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:30pm Zen Power Flow	8 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	9 9:30-10:30am cardioBARRE	10 8 – 8:45am beBASICS* 9:00-10:00am barreEFFECT
11 MOTHER'S DAY 8:15-9am beSCULPT & Stretch 9:15-10:15am Nurture & Bloom: spring refresh yoga	12 9:30-10:20am beSTRENGTH 10:30-11:15am MAMA STRONG* 5:15-6:10pm barreCORE 6:15-7:15pm pilatesREMIX	13 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	14 9:30-10:30am barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:30pm Zen Power Flow	15 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	16 9:30-10:30am cardioBARRE	17 9:00-10:00am barreEFFECT 10:15-11am beSTRENGTH & Stretch
18 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	19 9:30-10:20am beSTRENGTH 10:30-11:15am MAMA STRONG* 5:15-6:10pm barreCORE 6:15-7:15pm pilatesREMIX	20 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	21 8:30 – 9:15am beBASICS* 9:30-10:30am barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:30pm Zen Power Flow	22 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	23 9:30-10:30am cardioBARRE	24 9:00-10:00am barreEFFECT
25 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	26 MEMORIAL DAY 5:15-6:15pm barreCORE	27 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	28 8:30 – 9:15am beBASICS* 9:30-10:30am barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:30pm Zen Power Flow	29 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	30 9:30-10:30am cardioBARRE	31 9:00-10:00am barreEFFECT 10:15-11am beSTRENGTH & Stretch