

MAY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	2 6:30-7:45pm Candlelight Yoga	3 9:30am-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	4 5:30-6:20pm barreEFFECT 6:30-7:30pm Xen Strength Yoga	5 9:30-10:30am cardioBARRE 6-6:45PM Boss Chick Dance Workout	6 NO CLASSES BARRE INSTRUCTOR TRAINING
7 8:00-9:00AM Pilates Strength & Stretch 9:15-10:30am Rise & Flow Yoga	8 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	9 5:30-6:15pm barreXPRESS 6:30-7:45pm Candlelight Yoga	10 9:30am-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	11 5:30-6:20pm barreEFFECT 6:30-7:30pm Xen Strength Yoga	12 9:30-10:30am cardioBARRE 6-6:45PM Boss Chick Dance Workout	13 9:00-10:00am barreEFFECT
14 MOTHER'S DAY 9:15-10:30am Rise & Flow Yoga	15 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	16 6:30-7:45pm Candlelight Yoga	17 9:30am-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	18 5:30-6:30pm barreEFFECT 6:45-7:30pm Power Pilates	19 9:30-10:30am cardioBARRE 6-6:45PM Boss Chick Dance Workout	20 9:00-10:00am barreEFFECT
21 8:00-9:00AM barreEFFECT 9:15-10:30am Rise & Flow Yoga	22 6:15-7:10pm pilatesEFFECT 7:15-8pm barreXPRESS	23 6:45-7:45pm Pilates Strength & Stretch	24 9:30am-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt	25 5:30-6:30pm barreEFFECT 6:30-7:15pm beSCULPT	26 9:30-10:30am cardioBARRE 6-6:45PM Boss Chick Dance Workout	27 9:00-10:00am barreEFFECT 12pm-12:45pm BUTI Yoga for Kids (ages 5+ w/ adult)
28 8:00-9:00AM barreEFFECT	29 MEMORIAL DAY 9:00-10:00am barreCORE	30 6:30-7:45pm Candlelight Yoga	31 9:30am-10:30am barreEFFECT 6:00-7:00pm barreEFFECT 7:15-8pm BUTI Yoga/Sculpt			

Schedule subject to change. Always check MINDBODY for updates ☺

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