

MAY SCHEDULE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Zoom 10am Chair Yoga	3	4 Zoom 10am Yin Yoga	5 Zoom 10am Flow & Strengthen	6	7
8 Happy Mothers Day!!!	9 Zoom 10am Gentle Flow	10	11 Zoom 10am Yin Yoga	12 Zoom 10am Yoga with Weights	13	14
15	16 Zoom 10am Gentle Flow	17	18 No Class today	19 Zoom 10am Flow & Strengthen	20	21
22 Using your Blocks Workshop	23 Zoom 10am Gentle Flow	24	25 Zoom 10am Yin Yoga	26 Zoom 10am Yoga with Weights	27	28 Gentle Yoga YouTube Only 10amEST
29	30 Zoom 10am Gentle Flow	31	June 1 Zoom 10am Yin Yoga	June 2 Zoom 10am Flow & Strengthen		March 5

First Monday of the Month is Chair Yoga. All Classes are based on Eastern Standard Time. You must be a Member to Join Zoom classes. Free Trial is available on request