

# APRIL 2024

SUNDAY	MONDAY	TUESDAY	Wednesday	Thursday	Friday	Saturday
	1 Gentle Yoga 10am - Sandra	2	3 No Class today	4 Gentle Yoga 10am - Susanne	5	6
7	8 Gentle Yoga 10am - Sandra	9	10 Yin 10am Sandra	11 YOGA WITH WEIGHTS 10am Sandra  Gentle Yoga With Susanne 8pm	12 GENTLE YOGA With Susanne 10am	13 Gentle Yoga With Susanne 10am
14	15 Gentle Yoga 10am- Sandra	16	17 Yin 10am Sandra	18 Gentle flow 10am-Sandra  Gentle Yoga With Susanne 8pm	19 GENTLE YOGA With Susanne 10am	20 GENTLE YOGA With Susanne 10am
21	22 Gentle Yoga 10am -Sandra	23	24 Yin 10am w/ Sandra	25 YOGA WITH WEIGHTS 10am Sandra Gentle Yoga With Susanne 8pm	26 GENTLE YOGA With Susanne 10am	27 GENTLE YOGA With Susanne 10am
28	29 Gentle Yoga 10am - Sandra	30	MAY 1 Yin 10am Sandra	2 YOGA WITH WEIGHTS 10am Sandra Gentle Yoga With Susanne 8pm	3 GENTLE YOGA With Susanne 10am	4 GENTLE YOGA With Susanne 10am