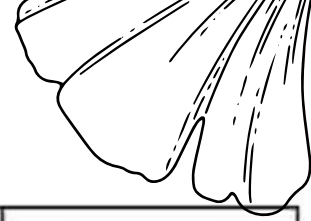





May 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 7:00am - Pilates-HIIT Fusion 9:30am - Mindful movement w/Reiki	2 8am - Strength for Life with Weights
3 8:00am - Slow Flow 7pm - Yoga for Trauma	4 7am - Pilates- HIIT Fusion 4:15 - Pelvic Floor 5:15pm - Buti Yoga 6:15pm- Mat Pilates	5 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:15 - 6:45 - Salsa Sweat Cinco De Mayo Party	6 4:15pm - Mat Pilates 5:15pm - Balanced Body 6:15pm - Mix Tape Flow	7 9:30 - Qigong Yoga 12pm - Chair Yoga 4:15pm - Strength and Core Foundations 5:15pm - Strength for Life with Weights 6:15 -Mother/Daughter Yoga 7:15pm - Pilates Demo Class	8 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki	9 8am - Strength for Life with Weights
10 8:00am - Slow Flow	11 7am - Pilates- HIIT Fusion 4:15 - Pelvic Floor 5:15pm - Buti Yoga 6:15pm- Mat Pilates	12 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:15pm - Salsa Sweat 6:15pm - Barre 7:15pm - Yoga for Trauma	13 4:15pm - Mat Pilates 5:15pm - Balanced Body 6:15pm - Mix Tape Flow	14 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 4:15pm - Strength and Core Foundations 5:15pm - Strength for Life with Weights	15 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki	16 8am - Strength for Life with Weights
17 8:00am - Slow Flow 6:00pm - Restorative Yoga	18 7am - Pilates- HIIT Fusion 5:15pm - Buti Yoga 6:15pm- Mat Pilates	19 6:30am - Morning Dance Party Wakeup 12pm - Chair Yoga 5:15pm - Barre 6:15pm - Pelvic Floor 7:15pm - Somatic Movement	20 4:15pm - Mat Pilates 5:15pm - Balanced Body 6:15pm - Mix Tape Flow	21 9:30 - Qigong Yoga 12pm - Chair Yoga 4:15pm - Strength and Core Foundations 5:15pm - Strength for Life with Weights 6:15pm - Candlelit Yoga	22 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki 6:30pm - 8pm - Partner Pilates Event	23 10am - Gentle all levels flow demo
24 8:00am - Slow Flow 9:30 - Root to Rise	25 No Classes	26 6:30am - Morning Dance Party 12pm - Chair Yoga 4:45pm - Pushing into Your Power Yoga 6:00pm - Yin/Yang Fusion with Guided Meditation	27 6:15pm - Strength for Life with Weights 7:15pm - Candlelit Yoga	28 9:30 - Qigong Infused Yoga 6pm - Restorative with Reiki and Massage Event	29 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki	30 8am - Strength for Life with Weights
31 8:00am - Slow Flow 7pm - Blue Moon Event				 = special event	First class free Use code: FIRSTFREE	