

Tue May 19	9:15am – 10:30am	⊕ Yoga Basics ☐
Wed May 20	1:15pm – 2:30pm 5:30pm – 6:45pm	⊕ Therapeutic Yoga ☐ ⊕ Candlelit Yin Yoga ☐
Thu May 21	7:15pm – 8:15pm	⊕ Nia ☐
Fri May 22	12:00pm – 1:00pm 7:00pm – 9:00pm	⊕ Therapeutic Yoga ☐ ⊕ YogaVoice - MANTRAS & SOUND YOGA
Sat May 23	9:15am – 10:25am 9:15am – 10:45am 11:00am – 12:30pm 1:45pm – 3:15pm 3:30pm – 5:00pm	⊕ No Class Today - Nia ✖ ⊕ YogaVoice - Chakras, Energy, and Creativity ⊕ YogaVoice - Vocal Vinyasa (Authentic Sound & Yoga Poses!) ⊕ YogaVoice - Breath, Sound, and Healthy Communication ⊕ YogaVoice - Group Chanting
Sun May 24	9:15am – 11:15am 10:00am – 11:15am	⊕ YogaVoice - YOUR HEALING VOICE ⊕ No Class Today - Community Yoga & Meditation PWYC ✖
Mon May 25	5:30pm – 6:45pm	⊕ Gentle Yoga ☐
Tue May 26	9:15am – 10:30am	⊕ Yoga Basics ☐