

# May 2022

## Monday

Vinyasa Flow 5:00-6:00pm  
Ashtanga Yoga - Mysore and Led primary series 6:30pm - 8:00pm

## Tuesday

Introduction to Ashtanga Yoga 7:00am - 8:00am  
Props & Wall 9:30am - 10:15am  
Introduction to Hatha Yoga 4:30pm - 5:45pm  
Power Yoga 6:00pm - 7:00pm  
Yin Yoga 7:15pm - 8:15pm

## Wednesday

Ashtanga Yoga - Mysore and Led primary series 6:30pm - 8:00pm  
Props & Wall 12:30 - 1:15pm  
KinesYoga 4:30 - 5:30pm  
Introduction to Ashtanga Yoga 6:00pm - 7:00pm  
Restorative Yoga 7:15pm - 8:15pm

## Thursday

Hatha Yoga 7:00-8:00am  
Stretching 12:30pm - 1:15pm  
Vinyasa Flow 4:30pm - 5:30pm  
**May 5th, 12th and 19th** HIIT Pilates 6:00pm to 7:00pm  
**May 26th** Ashtanga Yoga - Mysore and Led primary series 6:00pm to 7:30pm  
Stretching 7:45pm - 8:30pm

## Friday

Introduction to Ashtanga Yoga 7:00am - 8:00am  
Gentle Yoga 12:30pm - 1:30pm  
KinesYoga 5:00pm - 6:00pm

## Saturday

Vinyasa Flow 9:00am-10:00am  
Bhairavi Vinyasa Flow 10:30am- 11:30am  
**May 21st** Yoga Beyond the Mat 12:00pm - 1:00pm

## Sunday

**May 8th and May 29th** Sun Salutations 8:00am - 9:00am  
**May 8th** Creativity, Community, Flow