



## MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 GENTLE YOGA 9:00 - 10:00am Carolena Motion Studio	3 POWER YOGA 8:00-9:00am Laura Motion Studio	4 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio
5 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio	6 HATHA YOGA 8:30-9:30am Natacha Motion Studio	7	8	9 GENTLE YOGA 9:00 - 10:00am Carolena Motion Studio	10 POWER YOGA 8:00-9:00am Laura Motion Studio	11 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio
12 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio	13 HATHA YOGA 8:30-9:30am Natacha Motion Studio	14	15	16 GENTLE YOGA 9:00 - 10:00am Carolena Motion Studio	17 POWER YOGA 8:00-9:00am Laura Motion Studio	18 FITNESS FUSION 8:15 - 9:00am Leslie in Motion Studio PILATES 9:30-10:30am Leslie in Motion Studio
19 CORE FUSION 8:15 - 9:00am Leslie in the Motion Studio YOGA FOR ALL 9:30-10:30am Leslie in the Motion Studio	20 HATHA YOGA 8:30-9:30am Natacha Motion Studio	21	22	23 GENTLE YOGA 9:00 - 10:00am Carolena Motion Studio	24 POWER YOGA 8:00-9:00am Laura Motion Studio	25 POWER FLOW 8:15 - 9:00am Jayne in Motion Studio PILATES 9:30-10:30am Jayne in Motion Studio
26 CORE FUSION 8:15 - 9:00am Christian- Motion Studio YOGA FOR ALL 9:30-10:30am Natacha - Motion Studio	27 HATHA YOGA 8:30-9:30am Natacha Motion Studio	28	29	30 GENTLE YOGA 9:00 - 10:00am Carolena Motion Studio	31 POWER YOGA 8:00-9:00am Laura Motion Studio	

FOR MORE INFORMATION OR TO SIGN UP FOR CLASS PLEASE CONTACT THE SPA.

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