

# ON THE MAT THIS APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			01	02	03	04	
<p>G: New time or class P: Special Event</p>			8:15 dynamic practice 9:30 root practice  6:15 gentle strength 7:30 dynamic practice	No Morning Classes  4:30 yoga en español 6:15 dynamic practice 7:30 stretch lab	7:00 rise&shine 8:15 dynamic practice 9:30 root practice  6:15 root practice 7:30 rest&reflect	8:30 YM sculpt 9:30 Prenatal Yoga 11:00 peak practice 12:15 root practice	
05		06	07	08	09	10	11
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice  6:00 intro to yoga 7:30 rest & reflect	8:15 YM sculpt 9:30 root practice  6:15 root practice 7:30 stretch lab	7:00 rise&shine 8:30 root practice  5:15 mat Pilates 6:15 classical Pilates 7:30 root practice	No Morning Classes  12:00 supported Pilates 1:15 mat Pilates  6:15 gentle strength 7:30 dynamic practice	8:30 dynamic practice 10:00 gentle strength  4:30 yoga en español 6:15 dynamic practice 7:30 stretch lab	7:00 rise&shine 8:15 dynamic practice 9:30 root practice  6:15 root practice 7:30 rest&reflect	8:30 YM sculpt 9:30 Prenatal Yoga 11:00 peak practice 12:15 root practice	
12		13	14	15	16	17	18
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice  4:30 community class 6:00 intro to yoga 7:30 rest & reflect	8:15 YM sculpt 9:30 root practice  6:15 root practice 7:30 stretch lab	7:00 rise&shine 8:30 root practice  5:15 mat Pilates 6:15 classical Pilates 7:30 root practice	8:15 dynamic practice 9:30 root practice  12:00 supported Pilates 1:15 mat Pilates  6:15 gentle strength 7:30 dynamic practice	No Morning Classes  4:30 yoga en español 6:15 dynamic practice 7:30 stretch lab	7:00 rise&shine 8:15 dynamic practice 9:30 root practice  6:15 root practice 7:30 rest&reflect	8:30 YM sculpt 9:30 Prenatal Yoga 11:00 peak practice 12:15 root practice	
19		20	21	22	23	24	25
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice  6:00 intro to yoga 7:30 rest & reflect	8:15 YM sculpt 9:30 root practice  6:15 root practice 7:30 stretch lab	7:00 rise&shine 8:30 root practice  5:15 mat Pilates 6:15 classical Pilates 7:30 root practice	8:15 dynamic practice 9:30 root practice  12:00 supported Pilates 1:15 mat Pilates  6:15 gentle strength 7:30 dynamic practice	8:30 dynamic practice 10:00 gentle strength  6:15 dynamic practice 7:30 stretch lab	7:00 rise&shine 8:15 dynamic practice 9:30 root practice  6:15 root practice 7:30 rest&reflect	8:30 YM sculpt 9:30 Prenatal Yoga 11:00 peak practice	
26		27	28	29	30		
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice  6:00 intro to yoga 7:30 yoga music	8:15 YM sculpt 9:30 root practice  6:15 root practice 7:30 stretch lab	7:00 rise&shine 8:30 root practice  5:15 mat Pilates 6:15 classical Pilates 7:30 root practice	8:15 dynamic practice 9:30 root practice  12:00 supported Pilates 1:15 mat Pilates  6:15 gentle strength 7:30 dynamic practice	8:30 dynamic practice 10:00 gentle strength  6:15 dynamic practice 7:30 stretch lab			