

ON THE MAT THIS MAY

Schedule is subject to change. Check our online calendar for timely updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						01	02
Green: New Orange: Workshop, Event, or Series					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	
03		04	05	06	07	08	09
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice 4:00 postpartum yoga 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 4:30 classical Pilates 6:15 classical Pilates 7:30 root practice	9:30 root practice 1:15 classical Pilates 6:15 gentle strength 7:30 yoga nidra	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 12:15 root practice	
10		11	12	13	14	15	16
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice 4:00 postpartum yoga 6:00 intro to yoga 7:30 rest & reflect	Sculpt: back next week 9:30 root practice 6:15 root practice 7:30 stretch lab	7:00 rise&shine 8:30 root practice 7:30 root practice	No Morning Classes 6:15 gentle strength 7:30 dynamic practice	No Morning Classes 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	
17		18	19	20	21	22	23
Riverdale Sunday Market 8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice 4:00 postpartum yoga 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 7:30 root practice	9:30 root practice 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 12:15 root practice	
24		25	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 rest & reflect	8:15 YM sculpt 9:30 root practice 4:30 community class 6:15 root practice 7:30 stretch lab	7:00 rise&shine 8:30 root practice 7:30 root practice	9:30 root practice 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 12:15 root practice	
31		27	28				
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice 4:00 postpartum yoga 6:00 intro to yoga 7:30 rest & reflect							