

## ON THE MAT THIS MAY

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01	02
<p><b>Green: New</b> <b>Orange: Workshop, Event, or Series</b></p>					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 <b>Prenatal Yoga</b> 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  <b>4:00 postpartum yoga</b> 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  <b>4:30</b> classical Pilates 6:15 classical Pilates 7:30 root practice	9:30 root practice  1:15 classical Pilates  6:15 gentle strength <b>7:30 yoga nidra</b>	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 <b>Prenatal Yoga</b> 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  <b>4:00 postpartum yoga</b> 6:00 intro to yoga 7:30 rest & reflect	<i>Sculpt: back next week</i> 9:30 root practice  6:15 root practice 7:30 stretch lab	7:00 rise&shine 8:30 root practice  <b>4:30</b> classical Pilates 6:15 classical Pilates 7:30 root practice	9:30 root practice  1:15 classical Pilates  6:15 gentle strength 7:30 dynamic practice	<i>No Morning Classes</i>  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 <b>Prenatal Yoga</b> 11:00 peak practice 12:15 root practice
17	18	19	20	21	22	23
<b>Riverdale Sunday Market</b> 8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice <b>4:00 postpartum yoga</b> 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  <b>4:30</b> classical Pilates 6:15 classical Pilates 7:30 root practice	9:30 root practice  <i>Pilates: back next week</i>  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 <b>Prenatal Yoga</b> 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  <b>4:30 community class</b> 6:15 root practice 7:30 stretch lab	7:00 rise&shine 8:30 root practice  <i>Pilates back next week</i> 7:30 root practice	9:30 root practice  1:15 classical 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 <b>Prenatal Yoga</b> 11:00 peak practice 12:15 root practice
31						
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice  <b>4:00 postpartum yoga</b> 6:00 intro to yoga 7:30 rest & reflect						