

May 2024

* 45-minute class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Messy Buns + Coffee 12:00* Pilates	2 10* Pilates x Yoga 11:00 Flow + Ease-y 5:30 The Unwinder	3 No Barre. 1:30 The Unwinder	4 11:00* Messy Buns + Coffee
5	6 10:30 Messy Buns + Coffee	7 9:30* Pilates 10:30 Messy Buns + Coffee 2:00 Flow +Ease-y	8 10:30 Messy Buns + Coffee 12:00* Pilates	9 10* Pilates x Yoga 11:00 Flow + Ease-y 5:30 The Unwinder	10 12:15* Barre w/ Alex 1:30 The Unwinder	11 11:00* Messy Buns + Coffee
12	13 10:30 Messy Buns + Coffee	14 9:30* Pilates 10:30 Messy Buns + Coffee 2:00 Flow +Ease-y	15 10:30 Messy Buns + Coffee 12:00* Pilates	16 No Pilates x Yoga No Flow + Ease-y 5:30 The Unwinder	17 12:15* Barre w/ Alex No Unwinder.	18 No Classes Today.
19	20 Happy Long Weekend!! ☺	21 9:30* Pilates 10:30 Messy Buns + Coffee 2:00 Flow +Ease-y	22 10:30 Messy Buns + Coffee 12:00* Pilates	23 10* Pilates x Yoga 11:00 Flow + Ease-y 5:30 The Unwinder	24 12:15* Barre w/ Alex 1:30 The Unwinder	25 11:00* Messy Buns + Coffee
26	27 10:30 Messy Buns + Coffee	28 9:30* Pilates 10:30 Messy Buns + Coffee 2:00 Flow +Ease-y	29 10:30 Messy Buns + Coffee 12:00* Pilates	30 10* Pilates x Yoga 11:00 Flow + Ease-y 5:30 The Unwinder	31 No Barre. 1:30 The Unwinder	