

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12:15* Barre w/ Alex	3 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	4 9:30* Pilates 10:30 Messy Buns + Coffee	5 10* Pilates x Yoga 11 * Flow + Ease	6 No Unwinder.	7 No Class Today.
8	9 12:15* Barre w/ Alex	10 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	11 9:30* Pilates 10:30 Messy Buns + Coffee	12 10* Pilates x Yoga 11 * Flow + Ease	13 1:30 The Unwinder	14 11:00* Messy Buns + Coffee
15	16 12:15* Barre w/ Alex	17 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	18 9:30* Pilates 10:30 Messy Buns + Coffee	19 10* Pilates x Yoga 11 * Flow + Ease	20 1:30 The Unwinder	21 Private Class out of Town – looking for a sub
22	23 12:15* Barre w/ Alex	24 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	25 9:30* Pilates 10:30 Messy Buns + Coffee	26 10* Pilates x Yoga 11 * Flow + Ease	27 1:30 The Unwinder	28 11:00* Messy Buns + Coffee
29	30 No Barre.	July 1 Canada Day! No Classes				

* 45-minute class