

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day! No Classes.	2 1:30 The Unwinder	3 11:00* Messy Buns + Coffee
4	5 No Group Classes.	6 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	7 <i>No classes today.</i>	8 10* Pilates x Yoga 11 * Flow + Ease	9 1:30 The Unwinder	10 11:00* Messy Buns + Coffee
11	12 No Group Classes.	13 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	14 9:30* Pilates 10:30 Messy Buns + Coffee	15 10* Pilates x Yoga 11 * Flow + Ease	16 1:30 The Unwinder	17 11:00* Messy Buns + Coffee
18	19 No Group Classes.	20 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	21 9:30* Pilates 10:30 Messy Buns + Coffee	22 10* Pilates x Yoga 11 * Flow + Ease	23 <i>No Unwinder.</i>	24 <i>No Messy Buns.</i>
25	26 No Group Classes.	27 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	28 9:30* Pilates 10:30 Messy Buns + Coffee	29 10* Pilates x Yoga 11 * Flow + Ease	30 1:30 The Unwinder	31 11:00* Messy Buns + Coffee

* 45-minute class