June 2026 – Updated Summer Schedule

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

*** 45-minute class**
**** No Friday Unwinder through summer**