

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	8:30-10:00am DEEP CORE SERIES Class 4/4 with DIANE
			10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with AMANDA	10:30-11:30 Flow to Rest with SARA
			5:15-6:16pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE	AYTT Module 1 5:45PM-7:45PM	12:30-2:00pm DEEP CORE SERIES Class 3/4 with DIANE
			7:00-8:00pm Reiki Restorative with BARB		One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM
5	6	7	8	9	10	11
10:30-11:30am Sara's Restorative with SARA	6:30-7:15am Day Break with Sara	10:30-11:30pm Shine Strength and Stability with SARA	6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	8:30-10:00am The Details with DIANE
One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	10:30-11:30am Somatic Yoga with ERIN	4:30-5:30pm Shine Wholeness with COURTNEY	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Flow to Rest with SARA
	5:15-6:15pm Shine Classic with AMANDA	6:15-7:15pm Shine Gentle with COURTNEY	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE		12:30-2:00pm DEEP CORE SERIES Class 4/4 with DIANE
			7:00-8:00pm Reiki Restorative with BARB		One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM
Mothers Day 12	13	14	15	16	17	18
	6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	8:30-10:00am The Details with SARA
10:30-11:30am Sara's Restorative with SARA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30 Shine Strength and Stability with SARA	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Flow to Rest with SARA
	5:15-6:15 Shine Classic with AMANDA	4:30-5:30 pm Shine Wholeness with CONNIE	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE	One on one's and Yoga Prescription's available with Sara by Appointment Only	12:00-5:00pm AYTT Module 1 Yoga Teachers Guide to and Through the Body
		6:15-7:15pm Shine Gentle with COURTNEY	7:00-8:00pm Reiki Restorative with BARB			
19	20	21	22	23	24	25
	6:30-7:15am Day Break with Sara		6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	8:30-10:00am The Details with SARA
10:30-11:30am Sara's Restorative with SARA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Strength and Stability with SARA	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Flow to Rest with SARA
	5:15-6:15 Shine Classic with AMANDA	4:30-5:30pm Shine Wholeness with CONNIE	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE		

One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM		6:15-7:15pm Shine Gentle with COURTNEY	7:00-8:00pm Reiki Restorative with BARB		One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM
26	Memorial Day 27	28	29	30	31	
	6:30-7:15am Day Break with Sara		6:30-7:15am Day Break with SARA		6:30-7:15am Day Break with SARA	
10:30-11:30am Sara's Restorative with SARA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Strength and Stability with SARA	10:30-11:30am Shine Classic with AMANDA	10:30-11:30am Somatic Yoga with ERIN	10:30-11:30am Shine Classic with AMANDA	
One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	No Afternoon Classes	4:30-5:30pm Shine Wholeness with CONNIE	5:15-6:15pm Somatic Yoga with ERIN	4:30-5:30pm Shine Vinyasa with NICOLE	Yoga for a Healing Heart the Jack G Rogers Foundation	
		6:15-7:15pm Shine Gentle with AMANDA	7:00-8:00pm Reiki Restorative with BARB		One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM	