

## April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<a href="#">6:30-7:15am Day Break with Sara</a>	<a href="#">10:30-11:30pm Shine Strength and Stability with MARYBETH</a>	<a href="#">6:30-7:15am Day Break with SARA</a>		<a href="#">6:30-7:15am Day Break with SARA</a>	8:30-10:00am DEEP CORE SERIES Class 1/4 with DIANE
	<a href="#">10:30-11:30am Somatic Yoga with AMANDA for Erin</a>	<a href="#">4:30-5:30pm Shine Wholeness with CONNIE</a>	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>		<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	<a href="#">10:30-11:30 Flow to Rest with SARA</a>
		<a href="#">6:15-7:15pm Shine Gentle with COURTNEY</a>	<a href="#">5:15-6:15pm Somatic Yoga with CONNIE for Erin</a>		AYTT Module 1 5:45PM-7:45PM	12:30-2:00pm DEEP CORE SERIES Class 1/4 with DIANE
	<a href="#">5:15-6:15pm Shine Classic with AMANDA</a>		<a href="#">7:00-8:00pm Reiki Restorative with BARB</a>		<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>	<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>
7	8	9	10	11	12	13
<a href="#">10:30-11:30am Sara's Restorative with SARA</a>	<b>Studio Closed Due To Solar Eclipse and Travel Safety</b>	<a href="#">10:30-11:30pm Shine Strength and Stability with AMANDA</a>	<a href="#">6:30-7:15am Day Break with SARA</a>		<a href="#">6:30-7:15am Day Break with SARA</a>	8:30-10:00am DEEP CORE SERIES Class 2/4 with DIANE
		<a href="#">4:30-5:30pm Shine Wholeness with CONNIE</a>	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>		<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	<a href="#">10:30-11:30am Flow to Rest with SARA</a>
<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>			<a href="#">5:15-6:15pm Somatic Yoga with COURTNEY for Erin</a>	<a href="#">4:30-5:30pm Shine Vinyasa with NICOLE</a>	<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>	12:00-5:00pm AYTT Module 1 Yoga Teachers Guide to and Through the Body
		<a href="#">6:15-7:15pm Shine Gentle with COURTNEY</a>	<a href="#">7:00-8:00pm Reiki Restorative with BARB</a>			<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>
14	15	16	17	18	19	20
<a href="#">10:30-11:30am Sara's Restorative with SARA</a>	<a href="#">6:30-7:15am Day Break with SARA</a>	<a href="#">10:30-11:30 Shine Strength and Stability with SARA</a>	<a href="#">6:30-7:15am Day Break with SARA</a>		<a href="#">6:30-7:15am Day Break with SARA</a>	8:30-10:00am The Details with SARA
	<a href="#">10:30-11:30am Somatic Yoga with ERIN</a>	<a href="#">4:30-5:30 pm Shine Wholeness with CONNIE</a>	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	<a href="#">10:30-11:30am Somatic Yoga with ERIN</a>	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	<a href="#">10:30-11:30am Flow to Rest with SARA</a>
<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>		<a href="#">6:15-7:15pm Shine Gentle with COURTNEY</a>	<a href="#">5:15-6:15pm Somatic Yoga with ERIN</a>	<a href="#">4:30-5:30pm Shine Vinyasa with NICOLE</a>	<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>	<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>
	<a href="#">5:15-6:15 Shine Classic with AMANDA</a>					
21	22	23	24	25	26	27
<a href="#">10:30-11:30am Sara's Restorative with SARA</a>	<a href="#">6:30-7:15am Day Break with Sara</a>	<a href="#">10:30-11:30am Shine Strength and Stability with SARA</a>	<a href="#">6:30-7:15am Day Break with SARA</a>		<a href="#">6:30-7:15am Day Break with SARA</a>	8:30-10:00am DEEP CORE SERIES Class 3/4 with DIANE

	<a href="#">10:30-11:30am Somatic Yoga with ERIN</a>	<a href="#">4:30-5:30pm Shine Wholeness with CONNIE</a>	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	<a href="#">10:30-11:30am Somatic Yoga with ERIN</a>	<a href="#">10:30-11:30am Shine Classic with AMANDA</a>	<a href="#">10:30-11:30am Flow to Rest with SARA</a>
<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>		<a href="#">6:15-7:15pm Shine Gentle with COURTNEY</a>	<a href="#">5:15-6:15pm Somatic Yoga with ERIN</a>	<a href="#">4:30-5:30pm Shine Vinyasa with NICOLE</a>	<a href="#">6:00-7:00pm Yoga for a Healing Heart the Jack G Rogers Foundation</a>	<a href="#">12:30-2:00pm DEEP CORE SERIES Class 2/4 with DIANE</a>
	<a href="#">5:15-6:15pm Shine Classic with AMANDA</a>		<a href="#">7:00-8:00pm Reiki Restorative with BARB</a>		<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>	<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>
28	29	30				
<a href="#">10:30-11:30am Sara's Restorative with SARA</a>	<a href="#">6:30-7:15am Day Break with Sara</a>	<a href="#">10:30-11:30am Shine Strength and Stability with ERIN for Sara</a>				
	<a href="#">10:30-11:30am Somatic Yoga with ERIN</a>	<a href="#">4:30-5:30pm Shine Wholeness with CONNIE</a>				
<a href="#">One on one's and Yoga Prescription's available with Sara by Appointment Only From 12-6PM</a>		<a href="#">6:15-7:15pm Shine Gentle with COURTNEY</a>				
	<a href="#">5:15-6:15pm Shine Classic with AMANDA</a>					