



Inspire Yoga Studio Schedule

MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 7:00-8:00pm All Levels Flow w/ Laura	3 1:30-2:15pm Chair Yoga w/ Sue	4 12:00-12:45pm Beginner Yoga w/ Sue	5	6	7
8	9	10	11	12 6:30-7:30pm Candlelight Yin w/ Alyssa	13	14
15	16 7:00-8:00pm All Levels Flow w/ Laura	17 1:30-2:15pm Chair Yoga w/ Sue	18 12:00-12:45pm Beginner Yoga w/ Sue	19 6:30-7:30pm Candlelight Yin w/ Laura	20	21 9:30-10:30am Flow Yoga w/ Emily 11:00-12:00pm Restorative Yoga w/ Emily 12:30-1:30pm Aerial Yoga w/ Emily
22	23	24 1:30-2:15pm Chair Yoga w/ Sue 6:30-7:30pm All Levels Flow w/ Leah	25 12:00-12:45pm Beginner Yoga w/ Sue 6:30-7:30pm Yin Yang Yoga w/ Leah	26 12:00-12:45pm Flow Yoga w/ Emily 1:30-2:15pm Chair Yoga w/ Emily 6:30-7:30pm Candlelight Yin w/ Alyssa	27	28 9:30-10:30am Flow Yoga w/ Emily 11:00-12:00pm Restorative Yoga w/ Emily 12:30-1:30pm Aerial Yoga w/ Emily
29	30 7:00-8:00pm All Levels Flow w/ Laura	31 1:30-2:15pm Chair Yoga w/ Sue 6:30-7:30pm All Levels Flow w/ Leah				

Sign up on MindBody app or Visit www.livebreatheinspire.com