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April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 *SUB	1 9:30-10:30am-Morning Yoga 11:00-12:00pm-Upbeat Vinyasa 6:00pm-7:00pm- Gentle Yoga	2 6:45-7:45am- Sunrise Flow 6:30-7:30pm-Candle Yoga	3 6:00-6:50am- Sunrise Flow 10:00-11:00am-Core Body 1:30pm-2:30pm- Hatha Flow 5:00-6:00pm- Candle Yoga 6:00-7:00pm- Core Body	4 10:00-11:00am- Heated Yoga Flow 7:15-8:15pm- Candle Yoga	5 3:00-4:00pm- Open Flow Yoga 4:15- 5:00pm- Mindful Yoga for Kids (Age 7-12) 6:30-7:30pm- Gentle Flow Yoga	6 10:30-11:30am- Mindful Vinyasa Flow 12:00-1:00pm Pure Core Group Fitness 3:30-4:15pm-Mindful Yoga for Kids (Age 7-12) 5:00-6:00pm- Heated Yoga
7 10:00-11:00am Pure Core Group Fitness 1:15-2:00pm- Essential Oils 101 2:00-3:00-Gentle Yoga 6:30-7:30pm- Candle Yoga	8 9:30-10:30am-Morning Yoga 11:00-12:00pm-Upbeat Vinyasa 6:00pm-7:00pm- Gentle Yoga	9 6:45-7:45am- Sunrise Flow 6:30-7:30pm-Candle Yoga	10 6:00-6:50am- Sunrise Flow 10:00-11:00am-Core Body 1:30pm-2:30pm- Hatha Flow 5:00-6:00pm- Candle Yoga 6:00-7:00pm- Core Body	11 10:00-11:00am- Heated Yoga Flow 7:15-8:15pm- Candle Yoga	12 3:00-4:00pm- Open Flow Yoga 4:15- 5:00pm- Mindful Yoga for Kids (Age 7-12) 6:30-7:30pm- Gentle Flow Yoga	13 10:30-11:30am- Mindful Vinyasa Flow 12:00-1:00pm Pure Core Group Fitness 3:30-4:15pm-Mindful Yoga for Kids (Age 7-12) 5:00-6:00pm- Heated Yoga
14 10:00-11:00am Pure Core Group Fitness 2:00-3:00-Gentle Yoga 6:30-7:30pm- Candle Yoga	15 9:30-10:30am-Morning Yoga 11:00-12:00pm-Upbeat Vinyasa 6:00pm-7:00pm- Gentle Yoga	16 6:45-7:45am- Sunrise Flow 6:30-7:30pm-Candle Yoga FREE ONLINE CLASS YOGA & ESSENTIAL OILS 8:30-9:30pm	17 6:00-6:50am- Sunrise Flow 10:00-11:00am-Core Body 1:30pm-2:30pm- Hatha Flow 5:00-6:00pm- Candle Yoga 6:00-7:00pm- Core Body	18 10:00-11:00am- Heated Yoga Flow 7:15-8:15pm- Candle Yoga	19 3:00-4:00pm- Open Flow Yoga* 4:15- 5:00pm- Mindful Yoga for Kids (Age 7-12)* 6:30-7:30pm- Gentle Flow Yoga	20 10:30-11:30am- Mindful Vinyasa Flow 12:00-1:00pm Pure Core Group Fitness 3:30-4:15pm-Essential Oils for Sleep/Anxiety 5:00-6:00pm- Heated Yoga
21 10:00-11:00am Pure Core Group Fitness 2:00-3:00-Gentle Yoga 6:30-7:30pm- Candle Yoga	22 9:30-10:30am-Morning Yoga 11:00-12:00pm-Upbeat Vinyasa 6:00pm-7:00pm- Gentle Yoga	23 6:45-7:45am- Sunrise Flow 6:30-7:30pm-Candle Yoga	24 6:00-6:50am- Sunrise Flow 10:00-11:00am-Core Body 1:30pm-2:30pm- Hatha Flow 5:00-6:00pm- Candle Yoga 6:00-7:00pm- Core Body	25 10:00-11:00am- Heated Yoga Flow 7:15-8:15pm- Candle Yoga	26 3:00-4:00pm- Open Flow Yoga 4:15- 5:00pm- Mindful Yoga for Kids (Age 7-12) 6:30-7:30pm- Gentle Flow Yoga	27 10:30-11:30am- Mindful Vinyasa Flow 12:00-1:00pm Pure Core Group Fitness 3:30-4:15pm-Mindful Yoga for Kids (Age 7-12) 5:00-6:00pm- Heated Yoga*
28 10:00-11:00am Pure Core Group Fitness 2:00-3:00-Gentle Yoga 6:30-7:30pm- Candle Yoga	29 9:30-10:30am-Morning Yoga 11:00-12:00pm-Upbeat Vinyasa 6:00pm-7:00pm- Gentle Yoga	30 6:45-7:45am- Sunrise Flow 6:30-7:30pm-Candle Yoga			Featured class of the month Sunrise Yoga Tuesday's & Wednesday's \$18	Take any 6 classes in the month of April and receive \$25 in On Track Wellness Bucks to spend on any product or service!!!!