



May 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

*Established 2005.
Under Current Ownership since 2013.*

**75-90 min class
**2 hour class
***2 1/2 hour class
Classes Upstairs unless marked (D)
Downstairs Studio*

<p>28</p> <p>5 9:30 am Vinyasa Yoga-Yuki 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>29</p> <p>6 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole</p>	<p>30</p> <p>7 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) (D) 5:30 pm Flex & Flow Yoga- Colleen 5:30 pm Just Breathe & Read Book Club 6:45 pm Yin Yoga *-Nicole</p>	<p>1</p> <p>8 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Yuki 5:30pm Yoga I-Gabby</p>	<p>2</p> <p>9 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>3</p> <p>10 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>4</p> <p>11 9:30 am All Levels Yoga - Liz 9:30am-5pm Yoga Teacher Training-Nicole 10:45 am Slow Flow Yoga I/II*-Nicole</p>
<p>12</p> <p>HAPPY MOTHER'S DAY</p> <p></p> <p>CLOSED</p>	<p>13</p> <p>9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Yoga II Flow *-Nicole</p>	<p>14</p> <p>9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) (D) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga *-Nicole</p>	<p>15</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Yuki 5:30pm Yoga I-Vickie 6:45 pm Pilates-Vickie</p>	<p>16</p> <p>9:30 am Beginner's Yoga-Nicole 10:45 am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>17</p> <p>9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>18</p> <p>9:30 am All Levels Yoga - Liz 9:30am-5pm Yoga Teacher Training-Nicole 10:45 am Lunar Flow Yoga*-Nicole</p>
<p>19</p> <p>9:30 am Vinyasa Yoga-Liz 4:00 pm Chakra Yoga-Alanna</p>	<p>20</p> <p>9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby (5:45 pm Mindful Meditation-Nicole)(D) 6:45 pm Yoga II Flow *-Nicole</p>	<p>21</p> <p>9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) (D) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga *-Nicole</p>	<p>22</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Yuki 5:30pm Yoga I-Vickie 6:45 pm Pilates-Vickie</p>	<p>23</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>24</p> <p>CLOSED</p>	<p>25</p> <p>CLOSED</p>
<p>26</p> <p>CLOSED</p>	<p>27</p> <p>CLOSED FOR MEMORIAL DAY</p> <p></p>	<p>28</p> <p>9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) (D) 5:30 pm Flex & Flow Yoga- Gabby 6:45 pm Yin Yoga *-Nicole</p>	<p>29</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Yuki 5:30pm Yoga I-Vickie 6:45 pm Pilates-Vickie</p>	<p>30</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>31</p> <p>9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>1</p> <p>Like Us on Facebook: justbreatheyogastudirome</p>

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** Offer NOT valid on auto-pay packages. Some restrictions may apply.*

