



INSIDEOUT yoga

Challenge your body. Nurture your spirit.

CLASS SCHEDULE

MAY 2018

This month's theme: *Shifts Happen*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 2:00-3:00 pm BREATHE & STRETCH (YMCA)	1 9:30-10:30 am SLOW FLOW	2 9:30-10:30 am POWER FLOW <hr/> 11:00 am -12:00 pm YOGA FOR HEALTHY AGING	3 9:30-10:30 am BREATHE & STRETCH	4 9:30-10:30 am SLOW FLOW	5
7 2:00-3:00 pm BREATHE & STRETCH (YMCA)	8 9:30-10:30 am SLOW FLOW	9 9:30-10:30 am POWER FLOW <hr/> 11:00 am -12:00 pm YOGA FOR HEALTHY AGING	10 9:30-10:30 am NO CLASSES	11 9:30-10:30 am SLOW FLOW	12
14 2:00-3:00 pm BREATHE & STRETCH (YMCA)	15 9:30-10:30 am SLOW FLOW	16 9:30-10:30 am POWER FLOW <hr/> 11:00 am -12:00 pm YOGA FOR HEALTHY AGING	17 9:30-10:30 am BREATHE & STRETCH (Myofascial Release)	18 9:30-10:30 am SLOW FLOW KEKOKA YOGA RETREAT	19 KEKOKA YOGA RETREAT
21 2:00-3:00 pm BREATHE & STRETCH (YMCA)	22 9:30-10:30 am SLOW FLOW	23 9:30-10:30 am POWER FLOW <hr/> 11:00 am -12:00 pm YOGA FOR HEALTHY AGING	24 9:30-10:30 am BREATHE & STRETCH (Restorative)	25 9:30-10:30 am SLOW FLOW	26
28 2:00-3:00 pm BREATHE & STRETCH (YMCA)	29 9:30-10:30 am SLOW FLOW	30 9:30-10:30 am POWER FLOW <hr/> 11:00 am -12:00 pm YOGA FOR HEALTHY AGING	31 9:30-10:30 am BREATHE & STRETCH	1 9:30-10:30 am SLOW FLOW	2