



# MAY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00-6:45a <b>Rise &amp; Shine Yoga with Kali</b>		6:00-6:45a <b>Rise &amp; Shine Yoga with Kali</b>			
				7:30-8:30a <b>Kundalini Yoga &amp; Meditation with Melissa</b>		
		9:00-10:00a <b>Intro to Yoga with Rita</b>	8:30-9:30a <b>Prenatal Yoga Series with Melissa</b>	9:30-10:45a <b>Undo &amp; Renew with Allissa</b>	9:00-10:00a <b>Fascia Yoga with Melynda</b>	
		10:30-11:45a <b>Flow &amp; Restore with Kali</b>				
7:00-8:00p <b>Power Yoga with Lynette</b>	7:30-8:30p <b>Slow Flow &amp; Yoga Nidra with Amanda</b>	7:00-8:15p <b>Mindfulness Yoga &amp; Meditation with Maria</b>				

View class announcements/changes + special events calendar at:

[moonriverwellness.com](http://moonriverwellness.com)