

# May 2019

| Sunday   | Monday  | Tuesday  | Wednesday                                     | Thursday   | Friday   | Saturday  |
|--|---|--|---|--|--|---|
| See website for class descriptions & details<br>www.mtmoonyoga.com | H/F = Hatha/Flow<br>MP = Mat Pilates<br>D & R = Destress & Renew<br>E & P = Empower & Peace |  | 1<br><br>7:45 H/F, Lisa<br>9:00 Deepen, Cathy | 2<br><br>7:45 H/F, Cathy<br>9:15 Yin, Cathy<br><br>5:30 Hatha, Marg                  | 3<br><br>7:45 MP, Marg<br>9:15 D & R, Marg<br><br>5:30 Gentle, Cathy                       | 4<br><br>8:00 Hatha, Cathy<br><b>DONATION</b>                   |
|  |   | 5<br><br>8:00 E & P, Sudi  | 6<br><br>7:45 H/F, Marg<br>9:15 Hatha, Marg   | 7<br><br>7:45 Flow, Marg<br>9:15 Yin, Marg<br><b>DONATION</b><br><br>5:30 Flow, Lisa | 8<br><br>7:45 H/F, Lisa  | 9<br><br>7:45 H/F, Lisa<br>9:15 Yin, Sue<br><br>5:30 Hatha, Sue |
| 12<br><br>8:00 E & P, Sue<br><br><b>Mother's Day</b>               | 13<br><br>7:45 H/F, Sue<br>9:15 Hatha, Dana   | 14<br><br>9:15 Yin, Sue<br><br>5:30 Flow, Lisa                     | 15<br><br>7:45 H/F, Lisa                      | 16<br><br>7:45 H/F, Lisa<br>9:15 Yin, Sue  | 17<br><br>7:45 MP, Katlynn<br>9:15 D & R, Sue<br><b>DONATION</b><br><br>5:30 Gentle, Sue   | 18<br><br>8:00 Hatha, Lisa                                      |
| 19<br><br>8:00 E & P, Sue  | 20<br><br>7:45 H/F, Sue   | 21<br><br>7:45 Flow, Marg<br>9:15 Yin, Marg<br><br>5:30 Flow, Lisa | 22<br><br>7:45 H/F, Lisa                      | 23<br><br>7:45 H/F, Sudi<br><br>5:30 Hatha, Marg                                     | 24<br><br>7:45 MP, Katlynn<br>9:15 D & R, Marg<br><br>5:30 Gentle, Sudi<br><b>DONATION</b> | 25<br><br>8:00 Hatha, Sudi                                      |
| 26<br><br>8:00 E & P, Sue  | 27<br><br><b>Studio Closed</b><br><br><b>Memorial Day</b>                                   | 28<br><br>7:45 Flow, Marg<br>9:15 Yin, Marg<br><br>5:30 Flow, Lisa | 29<br><br>7:45 H/F, Lisa                      | 30<br><br>7:45 H/F, Sudi<br><br>5:30 Hatha, Marg                                     | 31<br><br>7:45 MP, Katlynn<br>9:15 D & R, Marg<br><br>5:30 Gentle, Sudi                    |   |