

BEYOND PT SCHEDULE

JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="background-color: #d9e1f2; padding: 5px; border: 1px solid #ccc;"> Class Note: All Alignment Yoga classes in June are drop-ins. </div>						1
2	3 12:00 pm – Melt Monday	4 12:00 pm – Alignment Yoga, Level 1 6:00 pm – Alignment Yoga, Level 1.5	5 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	6 4:30 pm – Pilates Flow 6:00 pm – Alignment Yoga, Level 1	7 7:30 am – SlowFlow 10:00 am – Tai Chi	8 9:30 am – Alignment Yoga, Level 2
9	10	11 12:00 pm – Alignment Yoga, Level 1 6:00 pm – Alignment Yoga, Level 1.5	12 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	13 4:30 pm – Pilates Flow 6:00 pm – Alignment Yoga, Level 1	14 7:30 am – SlowFlow 10:00 am – Tai Chi	15 9:30 am – Alignment Yoga, Level 2
16	17	18 12:00 pm – Alignment Yoga, Level 1 6:00 pm – Alignment Yoga, Level 1.5	19 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	20 4:30 pm – Pilates Flow 6:00 pm – Alignment Yoga, Level 1	21 7:30 am – SlowFlow 10:00 am – Tai Chi	22
23	24	25	26 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	27 4:30 pm – Pilates Flow	28 7:30 am – SlowFlow 10:00 am – Tai Chi	29
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[SlowFlow, Jessica Day](#) | [MELT, Diane Shiffer](#) | [Alignment Yoga, DeeAnn Dougherty](#) | [Tai Chi for Better Balance, Jim Dalton](#) | [MELT Monday, Kim Reis](#)
[Exploring Movement, Exploring Stillness, Jim Dalton](#) | [Keep Moving with Essentrics, Jan Landis](#) | [Pilates Flow Mat Class, Shannon Coffel Vial](#)

