

BEYOND PT SCHEDULE

JUNE 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 am – Strength 3.0 10:00 am – Strength 1.0	3 12:00 pm – Yoga - Lvl. 1 6:00 pm – Yoga - Lvl. 1.5	4 9:00 am – MELT 10:00 am – Balance Lvl. 2 11:15 am – Balance Lvl. 1 1:00 pm – Essentrics	5 7:30 am – MELT & Move 9:00 am – Strength 3.0 10:00 am – Strength 1.0 6:00 pm – Yoga - Lvl. 1	6 7:30 am – SlowFlow 9:00 am – MELT Hand & Foot Session 1 10:00 am – Balance Lvl. 2 11:15 am – Balance Lvl. 1	7 9:30 am – Yoga - Lvl. 2
8	9 9:00 am – Strength 3.0 10:00 am – Strength 1.0 12:00 pm – Melt Monday	10 12:00 pm – Yoga - Lvl. 1 6:00 pm – Yoga - Lvl. 1.5	11 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Balance Lvl. 2 11:15 am – Balance Lvl. 1 1:00 pm – Essentrics	12 7:30 am – MELT & Move 9:00 am – Strength 3.0 10:00 am – Strength 1.0 6:00 pm – Yoga - Lvl. 1	13 7:30 am – SlowFlow 9:00 am – MELT Hand & Foot Session 2 10:00 am – Balance Lvl. 2 11:15 am – Balance Lvl. 1	14 9:30 am – Yoga - Lvl. 2
15	16 9:00 am – Strength 3.0 10:00 am – Strength 1.0	17 12:00 pm – Yoga - Lvl. 1 6:00 pm – Yoga - Lvl. 1.5	18 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Balance Lvl. 2 11:15 am – Balance Lvl. 1 1:00 pm – Essentrics	19 7:30 am – MELT & Move 9:00 am – Strength 3.0 10:00 am – Strength 1.0 6:00 pm – Yoga - Lvl. 1	20 7:30 am – SlowFlow 9:00 am – MELT Hand & Foot Session 3 10:00 am – Balance Lvl. 2 11:15 am – Balance Lvl. 1	21 9:30 am – Yoga - Lvl. 2
22	23 9:00 am – Strength 3.0 10:00 am – Strength 1.0	24 12:00 pm – Yoga - Lvl. 1 6:00 pm – Yoga - Lvl. 1.5	25 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Balance Lvl. 2 11:15 am – Balance Lvl. 1 1:00 pm – Essentrics	26 7:30 am – MELT & Move 9:00 am – Strength 3.0 10:00 am – Strength 1.0 6:00 pm – Yoga - Lvl. 1	27 7:30 am – SlowFlow 9:00 am – MELT Hand & Foot Session 4 10:00 am – Balance Lvl. 2 11:15 am – Balance Lvl. 1	28 9:30 am – Yoga - Lvl. 2
29	30 9:00 am – Strength 3.0					

SlowFlow, Jessica Day | MELT, Diane Shiffer | Alignment Yoga, DeeAnn Dougherty | 8 Steps for Better Balance, Jim Dalton | MELT Monday, Kim Reis
Keep Moving with Essentrics, Jan Landis | Pilates Flow Mat Class, Shannon Coffel Vial | MELT & Move, Diane Shiffer | Strength 1.0, 2.0, 3.0, Andrea Lairson

