

BEYOND PT SCHEDULE

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement	4 7:30 am - Mobility Flow 4:30 pm – Pilates Flow	5 7:30 am - SlowFlow 10:00 am – Tai Chi	6
7	8 12:00 pm – MeltMonday	9 12:00 pm – Alignment Yoga, Level 1 6:00 pm – Alignment Yoga, Level 1.5	10 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement	11 7:30 am – Mobility Flow 4:30 pm – Pilates Flow 6:00 pm – Alignment Yoga, Level 1	12 7:30 am – SlowFlow 10:00 am – Tai Chi	13 9:30 am – Alignment Yoga, Level 2
14	15	16 12:00 pm – Alignment Yoga, Level 1 6:00 pm – Alignment Yoga, Level 1.5	17 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	18 7:30 am – Mobility Flow 4:30 pm – Pilates Flow 6:00 pm – Alignment Yoga, Level 1	19 7:30 am – SlowFlow 10:00 am – Tai Chi	20 9:30 am – Alignment Yoga, Level 2
21	22	23 12:00 pm – Alignment Yoga, Level 1 6:00 pm – Alignment Yoga, Level 1.5	24 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	25 7:30 am – Mobility Flow 4:30 pm – Pilates Flow 6:00 pm – Alignment Yoga, Level 1	26 7:30 am – SlowFlow 10:00 am – Tai Chi	27 9:30 am – Alignment Yoga, Level 2
28	29	30 12:00 pm – Alignment Yoga, Level 1 6:00 pm – Alignment Yoga, Level 1.5				

SlowFlow, *Jessica Day* | **MELT**, *Diane Shiffer* | **Alignment Yoga**, *DeeAnn Dougherty* | **Tai Chi for Better Balance**, *Jim Dalton* | **Exploring Movement**, *Exploring Stillness*, *Jim Dalton* | **Keep Moving with Essentrics**, *Jan Landis* | **Mobility Flow**, *Andrea Fastenow* | **Pilates Flow Mat Class**, *Shannon Coffel Vial*

