

April/May Rotations

Date	Day	Class	Time	Instructor
4/27/2024	Saturday	Rise & Grind	8am	Allyson
4/30/2024	Tuesday	Hatha Flow Yoga	7pm	Teresa
5/4/2024	Saturday	Rise & Grind	8am	Kristi T.
5/7/2024	Tuesday	Hatha Flow Yoga	7pm	Angela
5/11/2024	Saturday	Rise & Grind	8am	Allyson
5/14/2024	Tuesday	Hatha Flow Yoga	7pm	Teresa
5/18/2024	Saturday	Rise & Grind	8am	Alissa
5/21/2024	Tuesday	Hatha Flow Yoga	7pm	Angela
5/25/2024	Saturday	Rise & Grind	8am	Allyson
5/28/2024	Tuesday	Hatha Flow Yoga	7pm	Teresa
6/1/2024	Saturday	Rise & Grind	8am	Kristi S.