



# APRIL SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*SERIES*</b></p> <p><b>beBASICS: Intro2Barre/Pilates</b> 3/29 – 5/10 (no class 4/19)</p> <p><i>Please enroll on Mindbody</i></p>	<p><b>*SERIES*</b></p> <p><b>MAMA STRONG</b> 4/7 – 5/19 (no class 4/21)</p> <p><b>GENTLE YOGA</b> 4/5-26</p>	<p>1</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>2</p> <p>9:30-10:30am barreEFFECT</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8:15pm Zen Power Flow</p>	<p>3</p> <p>9:30-10:30am barreCORE</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>4</p> <p>9:30-10:30am cardioBARRE</p>	<p>5</p> <p>8 – 8:45am beBASICS*</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:30AM Gentle Yoga*</p>
<p>6</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>7</p> <p>9:30-10:20am beSTRENGTH</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6:10pm barreCORE</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>8</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>9</p> <p>9:30-10:30am barreEFFECT</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8:15pm Zen Power Flow</p>	<p>10</p> <p>9:30-10:30am barreCORE</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>11</p> <p>9:30-10:30am cardioBARRE</p>	<p>12</p> <p>8 – 8:45am beBASICS*</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:30AM Gentle Yoga*</p>
<p>13</p> <p>8:15 – 9am beSTRENGTH &amp; STRETCH</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>14</p> <p>9:30-10:20am beSTRENGTH</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6:10pm barreCORE</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>15</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>16</p> <p>9:30-10:30am barreEFFECT</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8:15pm Zen Power Flow</p>	<p>17</p> <p>9:30-10:30am barreCORE</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>18</p> <p>9:30-10:30am cardioBARRE</p>	<p>19</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:30AM Gentle Yoga*</p>
<p>20 EASTER</p>	<p>21 PATRIOT'S DAY</p> <p>5:15-6:10pm barreCORE</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>22</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>23</p> <p>9:30-10:30am barreEFFECT</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8:15pm Zen Power Flow</p>	<p>24</p> <p>9:30-10:30am barreCORE</p> <p>5:30-6:20pm beSCULPT &amp; Stretch</p> <p>6:30-7:30pm Xen Strength Yoga</p>	<p>25</p> <p>9:30-10:30am cardioBARRE</p>	<p>26</p> <p>8 – 8:45am beBASICS*</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:30AM Gentle Yoga*</p>
<p>27</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>28</p> <p>9:30-10:20am beSTRENGTH</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6:10pm barreCORE</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>29</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30-7:30pm Candlelight Yoga</p>	<p>30</p> <p>9:30-10:30am barreEFFECT</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8:15pm Zen Power Flow</p>			