

MYSTIC MOOLIGHT YOGA - APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	2 5:30 pm Gentle - Cyndy	3 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	4 6:30 pm Buti - Alex	5 9:30 am Slow Flow - Cyndy	6
7 9:30 am Buti Yoga - Alex	8 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	9 5:30 pm Gentle - Cyndy	10 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	11 6:30 pm Buti - Alex	12	13 9:30 am Slow Flow - Cyndy
14 NO CLASS	15 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	16 5:30 pm Gentle - Cyndy	17 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	18 6:30 pm Buti - Alex	19 GOOD FRIDAY - NO CLASS	20
21 EASTER - NO CLASS	22 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	23 5:30 pm Gentle - Cyndy	24 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	25 6:30 pm Buti - Alex	26	27 9:30 am Slow Flow - Cyndy
28 9:30 am Buti Yoga - Alex	29 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	30 5:30 pm Gentle - Cyndy				
		Notes: Class descriptions, pricing and studio info online at mysticmoonlightyoga.com Questions? Contact alexhowlettyoga@gmail.com				