

MYSTIC MOOLIGHT YOGA - MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6 pm Strong Vinyasa -Alex 7:15 pm Rest + Restore -Alex	2 6:30 pm Buti - Alex	3 9:30 am Slow Flow -Cyndy @ Lake**	4
5 9:30 am Buti Yoga - Alex	6 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	7 5:30 pm Gentle - Cyndy	8 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	9 6:30 pm Buti - Alex	10	11 9:30 am Slow Flow -Cyndy @ Lake**
12 9:30 am Buti Yoga - Alex	13 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	14 5:30 pm Gentle - Cyndy	15 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	16 6:30 pm Buti - Alex	17 9:30 am Slow Flow -Cyndy @ Lake*	18
19 Sub: 9:30 am Gentle Stress Relief - Becky	20 9:30 am Slow Flow - Cyndy 6:00 pm Gentle - Alex	21 5:30 pm Gentle - Cyndy	22 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	23 6:30 pm Buti - Alex	24 NEW class: 6:00 pm DEEP - Alex	25 9:30 am Slow Flow -Cyndy @ Lake**
26 9:30 am Buti Yoga - Alex	27 MEMORIAL DAY - NO CLASS	28 7:00 pm Gentle yoga - Cyndy @ Lake**	29 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	30 6:30 pm Buti - Alex	31 9:30 am Slow Flow -Cyndy @ Lake**	
<p>*Rain or shine. Last lot on Somer Place Lane @ Lake Stonycreek, Google Maps: West Shore Trail, Friedens PA 15541 For full directions, visit studio website home page. Class descriptions, pricing and studio info online at mysticmoonlightyoga.com</p>						