

# May – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 27	April 28	April 29	April 30	May 1	May 2	May 3
* Asterisk denotes offerings not open to CCS consumers	<b>Slow Flow</b> with Valerie, 12-1 p.m., VERONA	<b>Slow Flow</b> with Valerie, 12-1 p.m., East <b>New Moon Yoga Nidra</b> with Savannah, 7-8 p.m., East	<b>Slow Flow</b> with Rachel, 12-1 p.m., East	<b>Slow Flow</b> with Aimee, 6:30-7:45 p.m., VERONA <b>Yin</b> with Valerie, 6:45-8 p.m., East		
4	5	6	7	8	9	10
<b>Last week of 8-week courses</b>	<b>Slow Flow</b> with Valerie, 12-1 p.m., VERONA	<b>Slow Flow</b> with Valerie, 12-1 p.m., East	<b>Slow Flow</b> with Rachel, 12-1 p.m., East	<b>Slow Flow</b> with Aimee, 6:30-7:45 p.m., VERONA <b>Yin</b> with Valerie, 6:45-8 p.m., East		
11	12	13	14	15	16	17
<b>Essential Yoga</b> with Jeanne, 5-6:15 p.m. East	<b>Slow Flow</b> with Valerie, 12-1 p.m., VERONA  <b>Yoga for Bigger Bodies</b> with Valerie, 5:30-6:30 p.m., VERONA	<b>Slow Flow</b> with Katie, 12-1 p.m., East  <b>Patio Flow</b> with Jeanne, 5:30-6:30 p.m., AVENTINE PATIO	<b>Gentle Yoga</b> with Nikki, 12-1 p.m., East  <b>Slow Flow</b> with Katie, 12:30-1:30 p.m., VERONA  * <b>Aerial Yoga</b> with Jeanne, 5:30-6:30 p.m., East	<b>Chair Yoga</b> with Valerie, 10-11 a.m., <i>virtual</i> <b>Yoga Nidra</b> with Mary, 12-12:45 p.m., <i>virtual</i> <b>Slow Flow</b> with Claire, Noon-1 p.m., East <b>Insight Flow</b> with Valerie, 5:30-6:30 p.m., East <b>Yin</b> with Valerie, 6:45-8 p.m., East		* <b>Aerial Yin</b> with Valerie, 10 a.m.-noon, East
18	19	20	21	22	23	24
* <b>Aerial Sound Bath</b> with Miranda, 5-6 p.m. East	<b>Slow Flow</b> with Valerie, 12-1 p.m., VERONA  <b>Yoga for Bigger Bodies</b> with Valerie, 5:30-6:30 p.m., VERONA	<b>Slow Flow</b> with Katie, 12-1 p.m., East  <b>Insight Flow</b> with Jeanne, 5:30-6:30 p.m., East	<b>Gentle Yoga</b> with Rachel, 12-1 p.m., East  <b>Slow Flow</b> with Katie, 12:30-1:30 p.m., VERONA	<b>Chair Yoga</b> with Valerie, 10-11 a.m., <i>virtual</i> <b>Yoga Nidra</b> with Mary, 12-12:45 p.m., <i>virtual</i> <b>Slow Flow</b> with Claire, Noon-1 p.m., East <b>Insight Flow</b> with Valerie, 5:30-6:30 p.m., East <b>Yin</b> with Valerie, 6:45-8 p.m., East	<b>Restorative</b> with Valerie, noon-1 p.m., East	
25	26	27	28	29	30	31
	<b>MEMORIAL DAY NO CLASSES</b>	<b>Slow Flow</b> with Katie, 12-1 p.m., East  <b>Insight Flow</b> with Jeanne, 5:30-6:30 p.m., East	<b>Gentle Yoga</b> with Nikki, 12-1 p.m., East  <b>Slow Flow</b> with Katie, 12:30-1:30 p.m., VERONA	<b>Chair Yoga</b> with Valerie, 10-11 a.m., <i>virtual</i> <b>Yoga Nidra</b> with Mary, 12-12:45 p.m., <i>virtual</i> <b>Slow Flow</b> with Claire, Noon-1 p.m., East <b>Patio Flow</b> with Savannah, 5:30-6:30 p.m., AVENTINE PATIO <b>Insight Flow</b> with Valerie, 5:30-6:30 p.m., East <b>Yin</b> with Valerie, 6:45-8 p.m., East	<b>Restorative</b> with Valerie, noon-1 p.m., East	