

# June – all locations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 31 * Asterisk denotes offerings not open to CCS consumers	1 *Aerial Yoga Flow with Jeanne, noon-1 p.m. East *Aerial Yoga Foundations with Katie, 5:30-6:30 p.m., East	2 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m. East Restorative Yoga with Jessi, 6:45-7:45 p.m., East	3 Slow Flow with Valerie/Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow with Jeanne, 5:30-6:30 p.m. East	4 Chair Yoga with Valerie, 10-11 a.m., virtual Slow Flow with Claire, noon-1 p.m., East Yoga Nidra with Mary, 12-12:45 p.m., virtual Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East	5 Restorative with Valerie, noon-1 p.m., East Friday Flow with Jessi, 5-6 p.m., East	6 *Aerial Restorative with Valerie, 10-11 a.m. East
7	8 *Aerial Yoga Flow with Jeanne, noon-1 p.m. East *Aerial Core Aware with Valerie, 5:30 p.m. East	9 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m. East Restorative Yoga with Jessi, 6:45-7:45 p.m., East	10 Slow Flow with Valerie/Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow with Valerie, 5:30-6:30 p.m. East	11 Chair Yoga with Valerie, 10-11 a.m., virtual Slow Flow with Claire, noon-1 p.m., East Yoga Nidra with Mary, 12-12:45 p.m., virtual Insight Flow with Valerie, 5:30-6:30 p.m., East Patio Flow with Jessi, 5:30 p.m., Aventine patio	12 Restorative with Valerie, noon-1 p.m., East	13
14	15 *Aerial Yoga Flow with Jeanne, noon-1 p.m. East *Aerial Yoga Foundations with Jeanne, 5:30-6:30 p.m., East	16 Slow Flow with Katie, noon-1 p.m., East Insight Flow with Mary, 5:30-6:30 p.m. East Restorative Yoga with Jessi, 6:45-7:45 p.m., East	17 Slow Flow with Valerie/Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow with Jeanne, 5:30-6:30 p.m. East	18 Chair Yoga with Valerie, 10-11 a.m., virtual Slow Flow with Claire, noon-1 p.m., East Yoga Nidra with Mary, 12-12:45 p.m., virtual Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East	19 Restorative with Valerie, noon-1 p.m., East	20 *Aerial Core Aware with Valerie, 10-11 a.m. East *Aerial Nidra with Valerie, 11:15-noon, East
21	22 *Aerial Yoga Flow with Jeanne, noon-1 p.m. East *Aerial Restorative with Angela, 5:30 p.m. East *Aerial Sound Bath with Angela, 6:45 p.m. East	23 Slow Flow with Katie, noon-1 p.m., East Patio Flow with Jessi, 5:30 p.m., Aventine patio Restorative Yoga with Jessi, 6:45-7:45 p.m., East	24 Slow Flow with Valerie/Katie, 12:30-1:30 p.m., VERONA *Aerial Yoga Flow with Jeanne, 5:30-6:30 p.m. East	25 Chair Yoga with Valerie, 10-11 a.m., virtual Slow Flow with Claire, noon-1 p.m., East Yoga Nidra with Mary, 12-12:45 p.m., virtual Insight Flow with Valerie, 5:30-6:30 p.m., East Yin with Valerie, 6:45-8 p.m., East	26 Restorative with Valerie, noon-1 p.m., East	27
28 Make-up week for Summer 6-week session	29 *Aerial Yoga Flow with Jeanne, noon-1 p.m. East *Aerial Yoga Foundations with Katie, 5:30-6:30 p.m., East	30 Insight Flow with Mary, 5:30-6:30 p.m. East	July 1	July 2	July 3 JULY 4 HOLIDAY, STUDIOS CLOSED	July 4