

BEYOND PT SCHEDULE

APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	2 7:30 am – SlowFlow 10:00 am – Balance 11:15 am – Balance 1:00 pm – Essentrics	3 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	4 7:30 am – SlowFlow 10:00 am – Balance 11:15 am – Balance	5 9:30 am – Alignment Yoga - Level 2
6	7	8 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	9 7:30 am – SlowFlow 10:00 am – Balance 11:15 am – Balance 1:00 pm – Essentrics	10 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	11 7:30 am – SlowFlow 10:00 am – Balance 11:15 am – Balance	12 9:30 am – Alignment Yoga - Level 2
13	14 12:00 pm – Melt Monday	15 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	16 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Balance 11:15 am – Balance 1:00 pm – Essentrics	17 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	18 7:30 am – SlowFlow 10:00 am – Balance 11:15 am – Balance	19 9:30 am – Alignment Yoga - Level 2
20	21	22 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	23 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Balance 11:15 am – Balance 1:00 pm – Essentrics	24 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	25 7:30 am – SlowFlow 10:00 am – Balance 11:15 am – Balance	26 9:30 am – Alignment Yoga - Level 2
27	28	29 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	30 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Balance 11:15 am – Balance 1:00 pm – Essentrics			

SlowFlow, Jessica Day | MELT, Diane Shiffer | Alignment Yoga, DeeAnn Dougherty | 8 Steps for Better Balance, Jim Dalton | MELT Monday, Kim Reis
Keep Moving with Essentrics, Jan Landis | Pilates Flow Mat Class, Shannon Coffel Vial | MELT & Move, Diane Shiffer

