

BEYOND PT SCHEDULE

FEBRUARY 2025

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

SlowFlow, Jessica Day | MELT, Diane Shiffer | Alignment Yoga, DeeAnn Dougherty | 8 Steps for Better Balance, Jim Dalton | MELT Monday, Kim Reis
Yang Style 24 Form, Jim Dalton | Keep Moving with Essentrics, Jan Landis | Pilates Flow Mat Class, Shannon Coffel Vial | MELT & Move, Diane Shiffer

