

# BEYOND PT SCHEDULE

## JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>NEW YEAR'S DAY</b> <b>OFFICE CLOSED</b>	<b>2</b> 7:30 am – MELT & Move	<b>3</b> 7:30 am – SlowFlow 10:00 am – Balance 11:15 am – 24 Form	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	<b>8</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Balance 11:15 am – 24 Form 1:00 pm – Essentrics	<b>9</b> 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	<b>10</b> 7:30 am – SlowFlow 10:00 am – Balance 11:15 am – 24 Form	<b>11</b> 9:30 am – Alignment Yoga - Level 2
<b>12</b>	<b>13</b> 12:00 pm – Melt Monday	<b>14</b> 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	<b>15</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Balance 11:15 am – 24 Form 1:00 pm – Essentrics	<b>16</b> 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	<b>17</b> 7:30 am – SlowFlow 10:00 am – Balance 11:15 am – 24 Form	<b>18</b> 9:30 am – Alignment Yoga - Level 2
<b>19</b>	<b>20</b>	<b>21</b> 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	<b>22</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Balance 11:15 am – 24 Form 1:00 pm – Essentrics	<b>23</b> 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	<b>24</b> 7:30 am – SlowFlow 10:00 am – Balance 11:15 am – 24 Form	<b>25</b> 9:30 am – Alignment Yoga - Level 2
<b>26</b>	<b>27</b>	<b>28</b> 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	<b>29</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Balance 11:15 am – 24 Form 1:00 pm – Essentrics	<b>30</b> 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	<b>31</b> 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

