

BEYOND PT SCHEDULE

DECEMBER 2024

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

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

