

# Modern Yogi May Schedule

**@ Modern Health Chiropractic & Wellness**  
**\$40 1-Month Unlimited Yoga Access for new yogis!** To sign up please RSVP next to your desired class on our website!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hatha Flow 7:30-8:15 am Gentle Flow 6:30-7:30pm	2 Noon Hour Stretch 12:00-12:45pm Acu Yin Yoga Class 6:30-8:00pm	3	4	5
6	7	8 Hatha Flow 7:30-8:15 am Gentle Flow 6:30-7:30pm	9 Noon Hour Stretch 12:00-12:45pm Power Hour 5:45-6:45pm	10	11	12
13	14	15 Hatha Flow 7:30-8:15 am Gentle Flow 6:30-7:30pm	16 Noon Hour Stretch 12:00-12:45pm Power Hour 5:45-6:45pm	17	18	19
20	21	22 Hatha Flow 7:30-8:15 am Gentle Flow 6:30-7:30pm	23 Noon Hour Stretch 12:00-12:45pm Power Hour 5:45-6:45pm	24	25	26
27	28	29 Hatha Flow 7:30-8:15 am Gentle Flow 6:30-7:30pm	30 Noon Hour Stretch 12:00-12:45pm Power Hour 5:45-6:45pm	31		