

Mystic Moonlight Yoga - May 2023

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
	6 pm Gentle Yoga - Alex	5:30 pm Gentle Stretch/Yoga -Cyndy @ Lake Stonycreek	6 pm Ashtanga Yoga 101 - Private group, must contact	-Cyndy @ Lake Stonycreek		
		6 pm Standing Pilates -Bobbie	Bobbie at (814) 701-6010	5 pm Mat Pilates - Bobbie		
		7:15 Strength+Stretch - Alex		6 pm Buti Yoga - Alex		
				7:15 Gentle Yoga - Alex		
7	8	9	10	11	12	13
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
	6 pm Gentle Yoga - Alex	5:30 pm Gentle Stretch/Yoga -Cyndy @ Lake Stonycreek	6 pm Ashtanga Yoga 101 - Private group, must contact	-Cyndy @ Lake Stonycreek		
		6 pm Standing Pilates -Bobbie	Bobbie at (814) 701-6010	5 pm Mat Pilates - Bobbie		
		7:15 Strength+Stretch - Alex		6 pm Buti Yoga - Alex		
				7:15 Gentle Yoga - Alex		
14	15	16	17	18	18	20
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
	6 pm Gentle Yoga - Alex	No Lake class tonight	6 pm Ashtanga Yoga 101 - Private group, must contact	-Cyndy @ Lake Stonycreek		
		6 pm Standing Pilates -Bobbie	Bobbie at (814) 701-6010	5 pm Mat Pilates - Bobbie		
		7:15 Strength+Stretch - Alex		6 pm Buti Yoga - Alex		
				7:15 Gentle Yoga - Alex		
21	22	23	24	25	26	27
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
	6 pm Gentle Yoga - Alex	5:30 pm Gentle Stretch/Yoga -Cyndy @ Lake Stonycreek	6 pm Ashtanga Yoga 101 - Private group, must contact	-Cyndy @ Lake Stonycreek		
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				7:15 Gentle Yoga - Alex		
28	29	30	31			
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
	6 pm Gentle Yoga - Alex	No lake class tonight	6 pm Ashtanga Yoga 101 - Private group, must contact	-Cyndy @ Lake Stonycreek		
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		7:15 Strength+Stretch - Alex		6 pm Buti Yoga - Alex		
				7:15 Gentle Yoga - Alex		

For more info, check our website mysticmoonlightyoga.com, text Alex at (814) 279-8767 or email alexhowlettyoga@gmail.com