

## Mystic Moonlight Yoga - June 2023

Su	Mo	Tu	We	Th	Fr	Sa
				<b>1</b>	<b>2</b>	<b>3</b>
		*ALL TUESDAY 10 AM CLASSES AND MONDAY 6 PM CLASSES WILL BE ON THE LAWN AT LAUREL ARTS DRESSLER CENTER. RAIN LOCATION IS THE YOGA STUDIO.		10 am Gentle Stretch/Yoga -Cyndy @ Lake Stonycreek		
				5 pm Mat Pilates - Bobbie		
				6 pm Buti Yoga - Alex		
				7:15 Gentle Yoga - Alex		
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		10 am Strength Building Yoga Flow - Alex*		10 am Gentle Stretch/Yoga -Cyndy @ Lake Stonycreek		
	6 pm Gentle Yoga - Alex @ Laurel Arts lawn	5:30 pm Gentle Stretch/Yoga -Cyndy @ Lake Stonycreek	6 pm Ashtanga Yoga 101 - Private group, must contact Bobbie at (814) 701-6010	5 pm Mat Pilates - Bobbie		
		6 pm Standing Pilates -Bobbie		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex		7:15 Gentle Yoga - Alex		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
		10 am Strength Building Yoga Flow - Alex*		10 am Gentle Stretch/Yoga -Cyndy @ Lake Stonycreek		
	6 pm Gentle Yoga - Alex @ Laurel Arts lawn	@ Lake Stonycreek	<b>No class</b>	<b>No Pilates</b>		
		<b>No Pilates</b>		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex		7:15 Gentle Yoga - Alex		
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
		10 am Strength Building Yoga Flow - Alex*		10 am Gentle Stretch/Yoga -Cyndy @ Lake Stonycreek		
	6 pm Gentle Yoga - Alex @ Laurel Arts lawn	5:30 pm Gentle Stretch/Yoga -Cyndy @ Lake Stonycreek	6 pm Ashtanga Yoga 101 - Private group, must contact Bobbie at (814) 701-6010	5 pm Mat Pilates - Bobbie		
		6 pm Standing Pilates -Bobbie		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex		7:15 Gentle Yoga - Alex		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
		10 am Strength Building Yoga Flow - Alex*		10 am Gentle Stretch/Yoga -Cyndy @ Lake Stonycreek		
	6 pm Gentle Yoga - Alex @ Laurel Arts lawn	@ Lake Stonycreek	6 pm Ashtanga Yoga 101 - Private group, must contact Bobbie at (814) 701-6010	5 pm Mat Pilates - Bobbie		
		6 pm Standing Pilates -Bobbie		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex		7:15 Gentle Yoga - Alex		

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