

## Mystic Moonlight Yoga - February 2024

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
				10 am Gentle Stretch/Yoga		
				-Cyndy @ Lake Stonycreek		
				5 pm Weighted Pilates - Bobbie		
				6 pm Buti Yoga - Alex		
				7:15 Gentle Yoga - Alex		
4	5	6	7	8	9	10
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Bobbie	<b>No Pilates class</b>		
	-Bobbie	6 pm Gentle Yoga - Alex		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex		7:15 Gentle Yoga - Alex		
11	12	13	14	15	16	17
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	<b>No Pilates class</b>	@ Lake Stonycreek	- Bobbie	5 pm Weighted Pilates - Bobbie		
		6 pm Gentle Yoga - Alex		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex		7:15 Gentle Yoga - Alex		
18	19	20	21	22	23	24
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
	6 pm Weighted Pilates	5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	-Bobbie	@ Lake Stonycreek	- Bobbie	5 pm Weighted Pilates - Bobbie		
		6 pm Gentle Yoga - Alex		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex		7:15 Gentle Yoga - Alex		
25	26	27	28	29		
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
	6 pm Weighted Pilates	5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	-Bobbie	@ Lake Stonycreek	- Bobbie	5 pm Weighted Pilates - Bobbie		
		6 pm Gentle Yoga - Alex		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex		7:15 Gentle Yoga - Alex		