







May 2024

Yoga classes are in-person. Yoga classes are also offered through ZOOM
 ** Code is required for ZOOM classes ** Text/Call Carmella 516.318.2535

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NEW CLASS! 9am-10:15am Yoga Class (Taught by Jane) ----- 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	2 SIGNUP ONLY Pranayama Meditation 9am-10am (Taught by Carmella) ----- 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) ----- 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	3 ----- 9:30am-10:45am Yoga Class (Taught by Jane)	4 8:45am-10am ~ Yoga 1&2 ~ (Taught by Carmella) ----- 10:45am-12pm (Taught by Carmella)
5 ZOOM 9am-10am ~ Yoga 1&2 ~ (Taught by Laurie)	6 7am-8am ~ Yoga 2 ~ Men's Only ~ (Taught by Priscilla) ----- 90 min class 11am-12:30pm ~ Yoga 1 ~ (Taught by Carmella)	7 11am-12pm (Taught by Priscilla) ----- 12:30pm-1:30pm (Taught by Carmella) ----- 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	8 NEW CLASS! 9am-10:15am Yoga Class (Taught by Jane) ----- 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	9 SIGNUP ONLY Pranayama Meditation 9am-10am (Taught by Carmella) ----- 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) ----- 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	10 ----- 9:30am-10:45am Yoga Class (Taught by Jane)	11 8:45am-10am ~ Yoga 1&2 ~ (Taught by Carmella) ----- 10:45am-12pm (Taught by Carmella)
12  9am CLASS CANCELLED	13 7am-8am Yoga 2 ~ Men's Only ~ (Taught by Priscilla) ----- 90 min class 11am-12:30pm ~ Yoga 1 ~ (Taught by Carmella)	14 11am-12pm (Taught by Priscilla) ----- 12:30pm-1:30pm (Taught by Carmella) ----- 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	15 NEW CLASS! 9am-10:15am Yoga Class (Taught by Jane) ----- 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	16 SIGNUP ONLY Pranayama Meditation 9am-10am (Taught by Carmella) ----- 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) ----- 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	17 ----- 9:30am-10:45am Yoga Class (Taught by Jane)	18 8:45am-10am ~ Yoga 1&2 ~ (Taught by Carmella) ----- 10:45am-12pm (Taught by Carmella)
19 ZOOM 9am-10am ~ Yoga 1&2 ~ (Taught by Laurie)	20 7am-8am ~ Yoga 2 ~ Men's Only ~ (Taught by Priscilla) ----- 90 min class 11am-12:30pm ~ Yoga 1 ~ (Taught by Carmella)	21 11am-12pm (Taught by Priscilla) ----- 12:30pm-1:30pm (Taught by Carmella) ----- 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	22 NEW CLASS! 9am-10:15am Yoga Class (Taught by Jane) ----- 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	23 SIGNUP ONLY Pranayama Meditation 9am-10am (Taught by Carmella) ----- 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) ----- 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	24 ----- 9:30am-10:45am Yoga Class (Taught by Jane)	25 ALL CLASSES CANCELLED 
26 ALL CLASSES CANCELLED 	27 ALL CLASSES CANCELLED 	28 11am-12pm (Taught by Priscilla) ----- 12:30pm-1:30pm (Taught by Carmella) ----- 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	29 NEW CLASS! 9am-10:15am Yoga Class (Taught by Jane) ----- 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	30 SIGNUP ONLY Pranayama Meditation 9am-10am (Taught by Carmella) ----- 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) ----- 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	31 ----- 9:30am-10:45am Yoga Class (Taught by Jane)	