

MAY

HARMONY *schedule*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May 11, 2024 Salt Bowl Ceremony and Women's Circle with Brea —to register connect with brealiving.co@gmail.com.</p>			<p>May 25, 2024 Soundbath + Massage with Allison and Jacqueline - \$10 for Harmony Members (memberships and ten class pass holders) and \$25 for non Harmony Members.</p>			
			<p>1 9:30-10:30am Full Body Blast—Amanda</p> <p>12:00-12:45PM Release Dance Fitness—Mel C.</p> <p>6:30-7:30pm Yang into Yin—Robin</p> <p>7:45-8:45pm Release Dance Fitness—Mel C.</p>	<p>2 5:30-6:15am Spin—Mel C.</p> <p>9:30-10:30am Pilates—Robin</p> <p>12:00-12:45pm Spin—Ria</p> <p>6:30-7:30pm Foundational—Denika</p> <p>7:45-8:30pm Yin—Denika</p>	<p>3 9:30-10:30am Rise & Stretch—Mel C.</p> <p>7:00-8:00pm Evening Chill (Taylor's Version) —Laura</p>	<p>4 8:30-9:30am Spin—Ria</p> <p>10:00-11:00am Yang into Yin—Nikki</p>
<p>5 9:00-9:45am Spin—Brenna</p> <p>10:30-11:30am Yoga Sculpt—Robin</p> <p>7:00-8:00pm Unwind & Stretch—Mel C.</p>	<p>6 9:30-10:30am Raise the Barre—Nikki</p> <p>1:00-2:00pm The Circuit—Mel C.</p> <p>4:00-5:00pm Mindful Little Ones—Meghan</p> <p>7:30-8:30pm Gentle Flow & Restore—Brea</p> <p>9:10-10:00pm Yoga for Sleep—Brea</p>	<p>7 5:30-6:15am Spin—Ryan</p> <p>9:30-10:30am Yoga Tone—Courtney</p> <p>6:30-7:15pm Spin—Brenna</p> <p>7:30-8:30pm Yoga for Hips & Hamstrings —Robin</p>	<p>8 9:30-10:30am Pump-up with Bands—Amanda</p> <p>12:00-12:45PM Release Dance Fitness—Mel C.</p> <p>6:30-7:30pm Yang into Yin—Robin</p> <p>7:45-8:45pm Release Dance Fitness—Mel C.</p>	<p>9 5:30-6:15am Spin—Mel C.</p> <p>9:30-10:30am Pilates—Robin</p> <p>12:00-12:45pm Spin—Ria</p> <p>6:30-7:30pm Foundational—Denika</p> <p>7:45-8:30pm Yin—Denika</p>	<p>10 9:30-10:30am Release Dance Fitness—Mel C.</p> <p>7:00-8:00pm Yang into Yin—Robin (Studio Only)</p>	<p>11 8:30-9:30am Spin—Brenna</p> <p>6:00-8:00pm Salt Bowl Ceremony & Women's Circle—Brea</p>
<p>12 MOTHER'S DAY</p> <p>9:00-9:45am Spin—Ria</p> <p>10:30-11:30am Mommy & Me Release Dance Fitness—Mel C.</p> <p>7:00-8:00pm Release Soundbath —Allison</p>	<p>13 9:30-10:30am Release Dance Fitness—Mel C.</p> <p>1:00-2:00pm The Circuit—Mel C.</p> <p>4:00-5:00pm Mindful Little Ones—Meghan</p> <p>7:30-8:30pm Gentle Flow & Restore—Brea</p> <p>9:10-10:00pm Yoga for Sleep—Brea</p>	<p>14 5:30-6:15am Spin—Ryan</p> <p>9:30-10:30am Yoga Tone—Courtney</p> <p>6:30-7:15pm Spin—Brenna</p> <p>7:30-8:30pm Yoga for Hips & Hamstrings —Robin</p>	<p>15 9:30-10:30am Full Body Blast—Amanda</p> <p>12:00-12:45PM Release Dance Fitness—Mel C.</p> <p>6:30-7:30pm Yang into Yin—Robin</p> <p>7:45-8:45pm Release Dance Fitness—Mel C.</p>	<p>16 5:30-6:15am Spin—Mel C.</p> <p>9:30-10:30am Pilates—Robin</p> <p>12:00-12:45pm Spin—Ria</p> <p>6:30-7:30pm Foundational—Denika</p> <p>7:45-8:30pm Yin—Denika</p>	<p>17 9:30-10:30am Rise & Stretch—Mel C.</p> <p>7:00-8:00pm Evening Chill (Taylor's Version) —Laura</p>	<p>18 8:30-9:30am Spin—Nikki</p> <p>10:00-11:00am Yang into Yin—Nikki</p>
<p>19 9:00-9:45am Spin—Ria</p> <p>7:00-8:00pm Evening Chill (Taylor's Version) —Laura</p>	<p>20 9:30-10:30am Raise the Barre—Nikki</p> <p>1:00-2:00pm The Circuit—Mel</p> <p>7:30-8:30pm Gentle Flow & Restore—Brea</p> <p>9:10-10:00pm Yoga for Sleep—Brea</p>	<p>21 5:30-6:15am Spin—Ryan</p> <p>9:30-10:30am Yoga Tone—Courtney</p> <p>6:30-7:15pm Spin—Brenna</p> <p>7:30-8:30pm Yoga for Hips & Hamstrings —Robin</p>	<p>22 9:30-10:30am Pump-up with Bands—Amanda</p> <p>12:00-12:45PM Release Dance Fitness—Mel C.</p> <p>6:30-7:30pm Yang into Yin—Robin</p> <p>7:45-8:45pm Release Dance Fitness—Mel C.</p>	<p>23 5:30-6:15am Spin—Mel C.</p> <p>9:30-10:30am Pilates—Robin</p> <p>12:00-12:45pm Spin—Ria</p> <p>6:30-7:45pm Traditional Hatha—Lakshmi</p> <p>8:00-9:00pm Yin—Lakshmi</p>	<p>24 9:30-10:30am Release Dance Fitness—Mel C.</p> <p>7:00-8:00pm Unwind & Stretch—Mel C.</p>	<p>25 8:30-9:30am Spin—Mel C.</p> <p>10:00-11:30am Soundbath & Massage —Allison & Jacqueline</p>
<p>26 9:00-9:45am Spin—Ryan</p> <p>10:30-11:30am Yoga Sculpt—Robin</p> <p>7:00-8:00pm Align Soundbath —Allison</p>	<p>27 9:30-10:30am Raise the Barre—Nikki</p> <p>1:00-2:00pm The Circuit—Mel C.</p> <p>4:00-5:00pm Mindful Little Ones—Meghan</p> <p>7:30-8:30pm Gentle Flow & Restore—Brea</p> <p>9:10-10:00pm Yoga for Sleep—Brea</p>	<p>28 5:30-6:15am Spin—Ryan</p> <p>9:30-10:30am Yoga Tone—Courtney</p> <p>6:30-7:15pm Spin—Brenna</p> <p>7:30-8:30pm Yoga for Hips & Hamstrings —Robin</p>	<p>29 9:30-10:30am Full Body Blast—Amanda</p> <p>12:00-12:45PM Release Dance Fitness—Mel C.</p> <p>6:30-7:30pm Yang into Yin—Robin</p> <p>7:45-8:45pm Release Dance Fitness—Mel C.</p>	<p>30 5:30-6:15am Spin—Mel C.</p> <p>9:30-10:30am Pilates—Robin</p> <p>12:00-12:45pm Spin—Ria</p> <p>6:30-7:45pm Traditional Hatha—Lakshmi</p> <p>8:00-9:00pm Yin—Lakshmi</p>	<p>31 9:30-10:30am Rise & Stretch—Mel C.</p> <p>7:00-8:00pm Yang into Yin—Robin (Studio Only)</p>	