



TRUE HEALING
 Massage, Yoga & Wellness

Yoga & Wellness May

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April 29 *Yoga T.R.I.M. 6:30-7:30p (yogaHour style)	April 30 *Yoga Workshop with Patty Gorder 6:00-8:00 p.m.	1 *Yoga with Carol 5:30-7:00p *Stretching w/ Amanda at Hope Church 6:30-7:50p	2 *Yoga Beginners 5:30-6:30p	3 *YogaFaith 12:30-1:30p	4
5 *HIIT with a Twist w/ Stayce 2:30- 3:45 p.m.	6 *Yoga T.R.I.M 6:30-7:30p (yogaHour style)	7	8 *Yoga with Carol 5:30-7:00p	9 *Yoga Beginners 5:30-6:30p	10 *YogaFaith 12:30-1:30p	11
12 *HIIT with a Twist w/ Stayce 2:30- 3:45 p.m.	13 *Yoga T.R.I.M 6:30-7:30p (yogaHour style)	14	15 *Yoga with Carol 5:30-7:00p *Stretching w/ Amanda at Hope Church 6:30-7:50p	16 *Yoga Beginners 5:30-6:30p	17 *No YogaFaith Class-teaching Essential Oils class at Senior Center	18 *Mom & Me Yoga 9:30-10a *Kids Yoga 10:15-11:00a
19	20 *Yoga T.R.I.M 6:30-7:30p (yogaHour style)	21	22 *Yoga with Carol 5:30-7:00p	23 *Yoga Beginners 5:30-6:30p	24 *YogaFaith 12:30-1:30p	25
26	27 *Yoga T.R.I.M 6:30-7:30p (yogaHour style)	28	29 *Yoga with Carol 5:30-7:00p	30 *Yoga Beginners 5:30-6:30p	31 *YogaFaith 12:30-1:30p	June 1

NEW CLASSES MAY BE ADDED OR TIMES CHANGED...PLEASE VISIT WEBSITE
WWW.TRUEHEALINGMASSAGEGF.COM OR FACEBOOK PAGE EVENTS

EVENTS

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