

















March 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|----------|----------|--|-----|---|-----|-----|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18  7PM Yoga - Devyn | 19 | 20  6:15AM Pilates - Devyn | 21 | 22 |
| 23 30 | 24 31 | 25  7PM Yoga - Elizabeth F. | 26 | 27  6:15AM Pilates - Amanda S. | 28 | 29 |

April 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|--|-----|---|-----|-----|
| 30 | 31 | 1  7 PM Yoga - Elizabeth F. | 2 | 3  6:15 AM Pilates - Raven W. | 4 | 5 |
| 6 | 7 | 8  7 PM Yoga - Mari P. | 9 | 10  6:15 AM Pilates - Raven W. | 11 | 12 |
| 13 | 14 | 15  7 PM Yoga - Kryshisha C. | 16 | 17  6:15 AM Pilates - Lindsay D. | 18 | 19 |
| 20 | 21 | 22  7 PM Yoga - Kayla J. | 23 | 24  6:15 AM Pilates - Victoria R. | 25 | 26 |
| 27 | 28 | 29  7 PM Yoga - Kryshisha C. | 30 | 1 | 2 | 3 |

May 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|--|--|--|-----|-----|
| 27 | 28 | 29 | 30 | 1  6:15 AM Pilates - Lindzay D. | 2 | 3 |
| 4 | 5 | 6  7 PM Yoga - Shawn B. | 7 | 8  6:15 AM Pilates - Victoria R. | 9 | 10 |
| 11 | 12 | 13  7 PM Yoga - Jori L. | 14  7 PM Trap Yoga - Alondra S. | 15  6:15 AM Pilates - Zeniea C. | 16 | 17 |
| 18 | 19 | 20  7 PM Yoga - TBD | 21  7 PM R&B Yoga - Alondra S. | 22  6:15 AM Pilates - Zeniea C. | 23 | 24 |
| 25 | 26 | 27  7 PM Yoga - Victoria M. | 28 | 29  6:15 AM Pilates - Gianna A. | 30 | 31 |

June 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|---|-----|--|-----|-----|
| 1 | 2 | 3  7 PM Yoga – Jori L. | 4 | 5  6:15 AM Pilates – Jada P. | 6 | 7 |
| 8 | 9 | 10  7 PM Yoga – Shawn B. | 11 | 12  6:15 AM Pilates – Gianna A. | 13 | 14 |
| 15 | 16 | 17  7 PM Yoga – Tay D. | 18 | 19  6:15 AM Pilates – Tay D. | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |