

# MAY

## 2022



station

Mon      Tues      Wed      Thu      Fri      Sat      Sun

2 20.00 Flow Yoga		4 20.00 Flex Yoga				
9 20.00 Flow Yoga		11 20.00 Flex Yoga		13 Video drop: Mindfulness		
16 20.00 Flow Yoga		18 20.00 Flex Yoga		20 Video drop: Pilates		
23 20.00 Flow Yoga		25 20.00 Flex Yoga		27 Video drop: Fitness		29 10.00 Flow Yoga

### My Goals

- 
- 
- 
- 

### Notes