

YOGA @ 310 Wellness

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Power (Britt) 9:00 – 10:00 AM
3 Stretch & Restore (Ness)7 - 8:15 PM	4 Relax & Renew (HM) 7:30-9:00 PM	5 Meditation & Movement 10:00 – 11:15 AM	6 Empowered Core (Ness) 7:00 – 8:00 PM	7 Baby Yoga 10:30 – 11:30 Restorative Yin (Heather) 7:30 – 9:00 PM	8 Osho Kundalini Meditation Experience (Angela) 8 – 10 PM	9 Power (Britt) 9:00 – 10:00 AM
10 Stretch & Restore (Ness)7 - 8:15 PM	11 Relax & Renew (HM) 7:30-9:00 PM	12 Meditation & Movement 10:00 – 11:15 AM	13 Empowered Flow (Britt) 7:00 – 8:00 PM	14 Baby Yoga 10:30 – 11:30 Restorative Yin (Heather) 7:30 – 9:00 PM	15	16 Power (Britt) 9:00 – 10:00 AM
17 Stretch & Restore (Brittany)7 - 8:15 PM	18 Relax & Renew (HM) 7:30–9:00 PM	19 Meditation & Movement 10:00 – 11:15 AM	20 Empowered Core (Brittany) 7:00 – 8:00 PM	21 Baby Yoga 10:30 – 11:30 Restorative Yin (Angela) 7:30 – 9:00 PM	22	23 Power (Britt) 9:00 – 10:00 AM
24 Stretch & Restore (Brittany)7 - 8:15 PM	25 Relax & Renew (Brittany)7:30-9 PM	26 Meditation & Movement 10:00 – 11:15 AM	27 Empowered Flow (Britt) 7:00 – 8:00 PM	28 Baby Yoga 10:30 – 11:30 Restorative Yin (Heather) 7:30 – 9:00 PM	29	30 Power (Britt) 9:00 – 10:00 AM
31 Stretch & Restore (Brittany)7 - 8:15 PM						

Yoga with Heather

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