

YOGA @ 310 Wellness

April 2026

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

Yoga with Heather

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