



Movement Schedule

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Live Virtual Class 8am - 8:30 In-Person Mat Class 9:30am	5	6 Feldenkrais' Birthday!	7 Live Virtual Class 8: 30am - 9:30
8	9 Movement Exploration Virtual Class 9am - 10	10 In-Person Mat Class 9am	11 In-Person Mat Class 9:30am	12 Live Virtual Class 8am - 8:30	13	14 Live Virtual Class 8: 30am - 9:30
15	16 Movement Exploration Virtual Class 9am - 10	17 In-Person Mat Class 9am	18 Live Virtual Class 8am - 8:30 In-Person Mat Class 9:30am	19	20	21 No class today - enjoy one of over 150 pre-recorded classes!
22	23 Movement Exploration Virtual Class 9am - 10	24 In-Person Mat Class 9am	25	26 Live Virtual Class 8am - 8:30	27	28 Live Virtual Class 8: 30am - 9:30
29	30 Movement Exploration Virtual Class 9am - 10	31 In-Person Mat Class 9am				

NOTES



Movement Schedule



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

			1 In-Person Mat Class 9:30am	2 Live Virtual Class 8am	3	4
5 Away until June 28 - stay tuned for pop up classes and visit our online library!	6	7	8	9	10	11
12 Away until June 28 - stay tuned for pop up classes and visit our online library!	13	14	15	16	17	18
19 Away until June 28 - stay tuned for pop up classes and visit our online library!	20	21	22	23	24	25
26 Away until June 28 - stay tuned for pop up classes and visit our online library!	27	28	29	30		

NOTES

