

May

Insight Counseling & Wellness Yoga Schedule

1943 Winnebago St.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 12-1 p.m. Slow Flow with Maureen * 6-7 p.m. Insight Flow with Jeanne	3 12-1 p.m. Insight Flow with Maureen *	4 9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen *	5 6-7 p.m. Gentle Yoga with Kim	6 12-1 p.m. Gentle Yoga with Kim	7
8	9 12-1 p.m. Slow Flow with Maureen * 6-7 p.m. Insight Flow with Jeanne	10 12-1 p.m. Insight Flow with Maureen *	11 9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen *	12 6-7 p.m. Gentle Yoga with Kim	13 12-1 p.m. Gentle Yoga with Kim	14
15	16 12-1 p.m. Slow Flow with Maureen * 6-7 p.m. Insight Flow with Jeanne	17 12-1 p.m. Insight Flow with Maureen *	18 9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen *	19 6-7 p.m. Gentle Yoga with Kim	20 12-1 p.m. Gentle Yoga with Kim 5:30-7 p.m., Chakra Balancing Flow with Jeanne (passes do not apply)	21
22	23 12-1 p.m. Slow Flow with Maureen * 6-7 p.m. Insight Flow with Jeanne	24 12-1 p.m. Insight Flow with Maureen*	25 9-10 a.m. Slow Flow with Kate 12-1 p.m. Restorative with Maureen *	26 6-7 p.m. Gentle Yoga with Kim	27 12-1 p.m. Gentle Yoga with Kim	28
29	30 Memorial Day – no classes	31 12-1 p.m. Insight Flow with Maureen *		* Classes marked with an asterisk are available both online and in-person.		