

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>No Group Classes.</i>	9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	1 9:30* Pilates 10:30 Messy Buns + Coffee	2 10* Pilates x Yoga 11 * Flow + Ease 5:30 The Unwinder	3 12:15* Barre w/ Alex 1:30 The Unwinder	4 11:00* Messy Buns + Coffee
5	<i>No Group Classes.</i>	9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	8 9:30* Pilates 10:30 Messy Buns + Coffee	9 10* Pilates x Yoga 11 * Flow + Ease 5:30 The Unwinder	10 12:15* Barre w/ Alex 1:30 The Unwinder	11 11:00* Messy Buns + Coffee
12	<i>No Group Classes.</i>	9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	15 9:30* Pilates 10:30 Messy Buns + Coffee	16 10* Pilates x Yoga 11 * Flow + Ease 5:30 The Unwinder	17 12:15* Barre w/ Alex 1:30 The Unwinder	18 11:00* Messy Buns + Coffee
19	<i>No Group Classes.</i>	9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	22 9:30* Pilates 10:30 Messy Buns + Coffee	23 10* Pilates x Yoga 11 * Flow + Ease 5:30 The Unwinder	24 12:15* Barre w/ Alex 1:30 The Unwinder	25 11:00* Messy Buns + Coffee
26	<i>No Group Classes.</i>	9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	29 9:30* Pilates 10:30 Messy Buns + Coffee	30 10* Pilates x Yoga 11 * Flow + Ease 5:30 The Unwinder	31 12:15* Barre w/ Alex 1:30 The Unwinder	11:00* Messy Buns + Coffee

* 45-minute class