

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	2 9:30* Pilates 10:30 Messy Buns + Coffee	3 10* Pilates x Yoga 11 * Flow + Ease	4 <i>**Barre w/ Alex is now on Mondays</i> 1:30 The Unwinder	5 11:00* Messy Buns + Coffee
6	7 <i>12:15* Barre w/ Alex</i>	8 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	9 9:30* Pilates 10:30 Messy Buns + Coffee	10 10* Pilates x Yoga 11 * Flow + Ease	11 <i>**Barre w/ Alex is now on Mondays</i> 1:30 The Unwinder	12 11:00* Messy Buns + Coffee
13	14 <i>12:15* Barre w/ Alex</i>	15 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	16 9:30* Pilates 10:30 Messy Buns + Coffee	17 10* Pilates x Yoga 11 * Flow + Ease	18 1:30 The Unwinder	19 11:00* Messy Buns + Coffee
20	21 <i>12:15* Barre w/ Alex</i>	22 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	23 9:30* Pilates 10:30 Messy Buns + Coffee	24 10* Pilates x Yoga 11 * Flow + Ease	25 1:30 The Unwinder	26 11:00* Messy Buns + Coffee
27	28 <i>12:15* Barre w/ Alex</i>	29 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	30 9:30* Pilates 10:30 Messy Buns + Coffee			

* 45-minute class