



Collective Soul Space

May Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>12:10 – 12:50 PM Yin Yoga (bilingue) Anne-Marie Guedon <i>No class May 23</i> <i>May 9 class will be a Barre with Lindsey!</i></p> <p>5:30 – 6:45 PM Nia Johanna Tiemessen <i>No class May 23</i></p>	<p>12:10 – 12:50 PM Pilates Anne-Marie Guedon <i>May 3 class will be a Barre-Pilates combo with Lindsey!</i></p> <p>5:30 - 6:30 PM Dancing for Birth Johanna Tiemessen <i>Pre-registered series</i> <i>April 19 - May 24*</i></p>	<p>12:10 – 12:50 PM Barre Lindsey Oosenbrug-Trinh</p>	<p>12:10 – 12:50 PM Ayurvedic Rebalancing Yoga Christa Domchek</p> <p>5:30 – 6:30 PM HIIT Anne-Marie Guedon <i>No class May 5 and 12</i></p>	<p>12:10 – 12:50 PM Nia Johanna Tiemessen <i>No class May 20</i></p>	<p>10:00 – 11:15 AM Barre and Stretch Lindsey Oosenbrug-Trinh <i>Pre-registered series</i> <i>April 2 - May 14*</i></p> <p>1:20 – 2:30 PM Yoga en français Anne-Marie Guedon <i>Pre-registered series</i> <i>May 21 - June 11*</i></p>	<p>10:00 – 11:00 AM Barre and Stretch Lindsey Oosenbrug-Trinh <i>Starts May 29</i></p> <p>1:00 – 3:00 PM Taiko After Intro Nancy Mullick <i>Pre-registered series</i> <i>April 3 - May 15*</i></p> <p>7:00 – 8:30 PM Rolling Massage Workshop Michaelis Harrison <i>May 15 ONLY*</i></p> <p>7:00 – 9:00 PM Restorative Yoga Bliss Christine Lewandowski-Shannon <i>May 1 ONLY*</i></p>