



May Be Happy Schedule! 7th year anniversary!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:15am Restorative Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday All-Levels</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p> <p>6:45pm Yoga with Weights!</p>	<p>2</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>4pm Beginners to Basics</p> <p>5:30 pm Restorative Yoga then Salt</p> <p>7pm CoreFirst</p>	<p>3</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm CoreFirst</p> <p>5pm Prenatal Yoga</p> <p>6:30pm Slow Flow</p>	<p>4</p> <p>9:45am Slow Flow</p> <p>12:45pm Chair CF</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Gentle/Level 1 Yoga</p> <p>7pm Vinyasa Flow</p>	<p>5</p> <p>9:15am Level 1 Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm CoreFirst</p> <p>3:30pm Restorative Yoga then Salt</p>	<p>6</p> <p>8:30am Zumba™ Light</p> <p>9:30am Yoga then Salt</p> <p>11:00am CoreFirst</p> <p>Noon - Vinyasa Flow</p> <p>1 pm Guided Deep Relaxation</p> <p>In the Salt Cave</p>
<p>7</p> <p>1:30pm Beginners to Basics*</p> <p>3pm Yoga then Salt</p> <p>4:30 CoreFirst</p>	<p>8</p> <p>9:15am Restorative Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday All-Levels</p> <p>1:30pm Chair Yoga*</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p> <p>6:45pm Yoga with Weights!</p>	<p>9</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>4pm Beginners to Basics</p> <p>5:30 pm Restorative Yoga then Salt</p> <p>7pm CoreFirst</p>	<p>10</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm CoreFirst</p> <p>5pm Prenatal Yoga</p> <p>6:30pm Slow Flow</p>	<p>11</p> <p>9:45am Slow Flow</p> <p>12:45pm Chair CF</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Gentle/Level 1 Yoga</p> <p>7pm Vinyasa Flow</p>	<p>12</p> <p>9:15am Level 1 Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm CoreFirst</p> <p>3:30pm Restorative Yoga then Salt</p>	<p>13</p> <p>8:30am Zumba™ Light</p> <p>9:30am Yoga then Salt</p> <p>11:00am CoreFirst</p> <p>Noon - Vinyasa Flow., Guided Relaxation and Breathwork in the Salt Cave*</p> <p>2-2:45pm</p>
<p>14</p> <p>1:30 Beginners to Basics*</p> <p>3pm Yoga then Salt</p> <p>4:30 CoreFirst</p> <p>Happy Mother's Day</p>	<p>15</p> <p>9:15am Restorative Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday All-Levels</p> <p>1:30pm Chair Yoga*</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p> <p>6:45pm Yoga with Weights!</p>	<p>16</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>4pm Beginners to Basics*</p> <p>5:30 pm Restorative Yoga</p> <p>7pm CoreFirst</p>	<p>17</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm CoreFirst</p> <p>5pm Prenatal Yoga</p> <p>6:30pm Slow Flow</p>	<p>18</p> <p>9:45am Slow Flow</p> <p>12:45pm Chair CF</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Gentle/Level 1 Yoga</p> <p>7pm Vinyasa Flow</p>	<p>19</p> <p>9:15am Level 1 Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm CoreFirst</p> <p>3:30pm Restorative Yoga then Salt</p>	<p>20</p> <p>8:30am Zumba™ Light</p> <p>9:30am All Levels Yoga</p> <p>11:00am CoreFirst</p> <p>11am Kids Yoga in the Salt Cave*</p> <p>Noon - Vinyasa Flow</p> <p>3:30 & 5 pm crystal bowl sound bath in salt cave</p>
<p>21</p> <p>1:30 Beginners to Basics*</p> <p>3pm Yoga then Salt</p> <p>4:30 CoreFirst</p>	<p>22</p> <p>9:15am Restorative Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday All-Levels</p> <p>1:30pm Chair Yoga*</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p> <p>6:45pm Yoga with Weights!</p>	<p>23</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>4pm Beginners to Basics*</p> <p>5:30pm Restorative Yoga</p> <p>6 pm Yoga IN the Salt Cave*</p> <p>7pm CoreFirst</p>	<p>24</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm CoreFirst</p> <p>5pm Prenatal Yoga</p> <p>6:30pm Slow Flow</p>	<p>25</p> <p>9:45am Slow Flow</p> <p>12:45pm Chair CF</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Gentle/Level 1 Yoga</p> <p>7pm Vinyasa Flow</p>	<p>26</p> <p>9:15am Level 1 Yoga</p> <p>10:45am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm CoreFirst</p> <p>3:30pm Restorative Yoga then Salt</p>	<p>27</p> <p>8:30am Zumba™ Light</p> <p>9:30am Yoga then Salt</p> <p>11:00am CoreFirst</p> <p>Noon - Vinyasa Flow</p>
<p>28</p> <p>1:30 Beginners to Basics</p> <p>3pm Yoga then Salt</p> <p>4:30 CoreFirst</p>	<p>29</p> <p>9:15am Restorative Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday All-Levels</p> <p>1:30pm Chair Yoga</p> <p>Happy Memorial Day Last salt session at 2 pm Closing at 3 pm</p>	<p>30</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle Yoga</p> <p>4pm Beginners to Basics*</p> <p>5:30 pm Restorative Yoga then Salt</p> <p>7pm CoreFirst</p>	<p>31</p> <p>9:15am Gentle Yoga</p> <p>12:15pm Midday Stretch & Flow Yoga</p> <p>1:30pm CoreFirst</p> <p>5pm Prenatal Yoga</p> <p>6:30pm Slow Flow</p>	<p>Must sign up for classes at least 75 minutes in advance!</p> <p><u>Underlined events are special pricing. Please ask for details!</u></p> <p>Must pre-register by 5pm the day before events.</p>	<p>45min Salt Cave sessions begin at the top of each hour:</p> <p>Monday-Friday 10am-6pm</p> <p>Saturday 11am-5pm</p> <p>Sunday 1pm-3pm</p> <p>270-799-8070</p> <p>www.behappybg.com</p>	<p>Receive \$ off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga or massage treatment</p>

