



# May '24 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Must sign up for classes at least 75 minutes in advance!  <b>Underlined events are special pricing. Please ask for details!</b>  <b>Must pre-register by 5pm the day before event.</b></p>	<p><b>Receive \$10 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.</b></p>	<p>45min Salt Cave sessions begin at the top of each hour:  <b>Monday-Friday 10am-6pm</b>  <b>Saturday 11am-5pm</b>  <b>Sunday 1pm-3pm</b>  <b>270-799-8070</b>  <a href="http://www.behappybg.com">www.behappybg.com</a></p>	<p>1  <u>9:15am Gentle Yoga</u>            11:15am CoreFirst            12:15pm Midday Stretch &amp; Flow Yoga  <u>5pm Prenatal Yoga</u>  <u>6:30pm Slow Flow</u></p>	<p>2            9:45am Slow Flow  <u>11:15am CoreFirst</u>  <u>1:30pm Chair Yoga</u>  <u>5:30pm Gentle/Level 1 Yoga</u>  <u>7pm Vinyasa Flow</u></p>	<p>3  <u>9:15am Level 1 Yoga</u>  <u>10:30am Gentle Yoga</u>            11:45am CoreFirst            12:45pm Midday Stretch &amp; Flow Yoga  <u>3:30pm Restorative Yoga then Salt</u></p>	<p>4  <u>9:30am Yoga then Salt</u>  <u>11am CoreFirst</u>  <u>12pm Vinyasa Flow</u></p>
<p>5  <u>1:30pm Beginners to Basics*</u>  <u>3pm Yoga then Salt</u>  <u>4:30pm Yin Yoga then Salt</u></p>	<p>6  <u>9:15am Restorative Yoga</u>            11:15am CoreFirst            12:15pm Midday All-Levels  <u>1:30pm Chair Yoga*</u>            5:30pm Level 1 Yoga/            Medical Center class  <u>6:45pm Yoga with Weights</u></p>	<p>7            9:15am Yahweh Yoga  <u>11:15am Yahweh Gentle</u>  <u>1:30pm Slow Flow</u>            3pm Prenatal Yoga            5:30pm Restorative Yoga then Salt  <u>7pm CoreFirst</u></p>	<p>8  <u>9:15am Gentle Yoga</u>  <u>11:15am CoreFirst</u>            12:15pm Midday Stretch &amp; Flow Yoga            5pm Prenatal Yoga  <u>6:30pm Slow Flow</u></p>	<p>9            9:45am Slow Flow  <u>11:15am CoreFirst</u>  <u>1:30pm Chair Yoga*</u>  <u>5:30pm Gentle/Level 1 Yoga</u>            7pm Vinyasa Flow</p>	<p>10            9:15am Level 1 Yoga  <u>10:30am Gentle Yoga</u>            11:45am CoreFirst            12:45pm Midday Stretch &amp; Flow Yoga            3:30pm Restorative Yoga then Salt</p>	<p>11            8:15am Yoga Fusion  <u>9am Dog Yoga with the BGWC Humane Society!</u>            9:30am Yoga then Salt  <u>11am CoreFirst</u>  <u>12pm Vinyasa Flow</u></p>
<p>12  <u>1:30pm Beginners to Basics*</u>  <u>3pm Yoga then Salt</u>  <u>4:30pm Yin Yoga then Salt</u></p>	<p>13  <u>9:15am Restorative Yoga</u>            11:15am CoreFirst            12:15pm Midday All-Levels  <u>1:30pm Chair Yoga*</u>            5:30pm Level 1 Yoga/            Medical Center class  <u>6:45pm Yoga with Weights</u></p>	<p>14  <u>11:15am Yahweh Gentle</u>  <u>1:30pm Slow Flow</u>            3pm Prenatal Yoga            5:30pm Restorative Yoga then Salt  <u>7pm CoreFirst</u></p>	<p>15  <u>9:15am Gentle Yoga</u>            11:15am CoreFirst            12:15pm Midday Stretch &amp; Flow Yoga            5pm Prenatal Yoga  <u>6:30pm Slow Flow</u></p>	<p>16            9:45am Slow Flow  <u>11:15am CoreFirst</u>  <u>1:30pm Chair Yoga*</u>  <u>5:30pm Gentle/Level 1 Yoga</u>            7pm Vinyasa Flow</p>	<p>17            9:15am Level 1 Yoga  <u>10:30am Gentle Yoga</u>            11:45am CoreFirst            12:45pm Midday Stretch &amp; Flow Yoga            3:30pm Restorative Yoga then Salt  <u>5:30pm Yoga then Wine</u></p>	<p>18 <b>8th Anniversary Bash</b>  <u>6am Sunrise Yoga then Q Coffee</u>            8:15am Yoga Fusion            9:30am Yoga then Salt  <u>11am CoreFirst</u>  <u>12pm Vinyasa Flow</u>  <u>3:30pm &amp; 5pm Crystal Bowl Sound Bath in the Cave</u></p>
<p>19  <u>1:30pm Beginners to Basics*</u>  <u>3pm Yoga then Salt</u>  <u>4:30pm Yin Yoga then Salt</u></p>	<p>20  <u>9:15am Restorative Yoga</u>            11:15am CoreFirst            12:15pm Midday All-Levels  <u>1:30pm Chair Yoga*</u>  <u>3:30pm Yoga IN the Salt Cave</u>            5:30pm Level 1 Yoga/            Medical Center class  <u>6:45pm Yoga with Weights</u></p>	<p>21            9:15am Yahweh Yoga  <u>11:15am Yahweh Gentle</u>            1:30pm Slow Flow            5:30pm Restorative Yoga then Salt  <u>7pm CoreFirst</u></p>	<p>22  <u>9:15am Gentle Yoga</u>            11:15am CoreFirst            12:15pm Midday Stretch &amp; Flow Yoga            5pm Prenatal Yoga  <u>6:30pm Slow Flow</u></p>	<p>23            9:45am Slow Flow            11:15am CoreFirst  <u>1:30pm Chair Yoga*</u>  <u>5:30pm Gentle/Level 1 Yoga</u>  <u>6pm Guided Relaxation and Breathwork in the Salt Cave</u>  <u>7pm Vinyasa Flow</u></p>	<p>24  <u>9:15am Level 1 Yoga</u>  <u>10:30am Gentle Yoga</u>            11:45am CoreFirst            12:45pm Midday Stretch &amp; Flow Yoga            3:30pm Restorative Yoga then Salt</p>	<p>25            9:30am Yoga then Salt  <u>11am CoreFirst</u>  <u>11am Kids Yoga in the Salt Cave</u>  <u>12pm Vinyasa Flow</u></p>
<p>26  <u>1:30pm Beginners to Basics</u>  <u>3pm Yoga then Salt</u>  <u>4:30pm Yin Yoga then Salt</u></p>	<p>27  <u>9:15am Restorative Yoga</u>            11:15am CoreFirst            12:15pm Midday All-Levels  <u>1:30pm Chair Yoga</u>  <b>Closing at 3pm.</b></p>	<p>28            9:15am Yahweh Yoga  <u>11:15am Yahweh Gentle</u>            1:30pm Slow Flow            3pm Prenatal Yoga            5:30pm Restorative Yoga then Salt  <u>7pm CoreFirst</u></p>	<p>29  <u>9:15am Gentle Yoga</u>            11:15am CoreFirst            12:15pm Midday Stretch &amp; Flow Yoga            5pm Prenatal Yoga  <u>6:30pm Slow Flow</u></p>	<p>30            9:45am Slow Flow            11:15am CoreFirst  <u>1:30pm Chair Yoga</u>  <u>5:30pm Gentle/Level 1 Yoga</u>  <u>6:30pm Yoga at Lost River Cave</u>  <u>7pm Vinyasa Flow</u></p>	<p>31  <u>9:15am Level 1 Yoga</u>  <u>10:30am Gentle Yoga</u>            11:45am CoreFirst            12:45pm Midday Stretch &amp; Flow Yoga  <u>3:30pm Restorative Yoga then Salt</u></p>	<p>Susan            Carmen            Trudy            Beshka            Virginia            Frances            Alesia            Shigeko            Mary            Maria            Liz            Angela            Julie            Morgan            Gina            Lindsey</p>