



# April '25 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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>Ask us about our Spring Break Staycation Special! April 6th-12th</b>	<b>1</b> 10am Yahweh Gentle/Level 1 11:45am Corefirst All-Levels 1:45pm Slow Flow  5:30pm Restorative + Salt	<b>2</b> 9:15am Gentle Yoga 11:15am CoreFirst Pilates 1:45pm Flow + Restore  5:30pm Corefirst All-Levels 6:30pm Rhythmic Yoga	<b>3</b> 9:45am Slow Flow 11:15am CoreFirst Stretch 1:30pm Chair Yoga 5:30pm Gentle/Level 1 6:45pm Yoga with Weights	<b>4</b> 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength  3:30pm Restorative + Salt	<b>5</b> 9:30am Yoga then Salt 11am Vinyasa Flow
<b>6</b> 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	<b>7</b> 9:15am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 1:30pm Chair Yoga 4:15pm Prenatal Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	<b>8</b> 10am Yahweh Gentle/Level 1 11:45am Corefirst All-Levels 1:45pm Slow Flow  5:30pm Restorative + Salt	<b>9</b> 9:15am Gentle Yoga 11:15am CoreFirst Pilates 1:45pm Flow + Restore  5:30pm Corefirst All-Levels 6:30pm Slow Flow	<b>10</b> 9:45am Slow Flow 11:15am CoreFirst Stretch 1:30pm Chair Yoga 5:30pm Gentle/Level 1 6:45pm Yoga with Weights	<b>11</b> 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength  3:30pm Restorative + Salt	<b>12</b> 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow <u>11am Kids' Yoga IN the Salt Cave</u>  12:30pm CoreFirst All-Levels
<b>13</b> 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	<b>14</b> 9:15am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 1:30pm Chair Yoga* 4:15pm Prenatal Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	<b>15</b> 10am Yahweh Gentle/Level 1 11:45am Corefirst All-Levels 1:45pm Slow Flow  5:30pm Restorative + Salt	<b>16</b> 9:15am Gentle Yoga 11:15am CoreFirst Pilates 1:45pm Flow + Restore  5:30pm Corefirst All-Levels <u>6pm Restorative Yoga in the Salt Cave</u> 6:30pm Slow Flow	<b>17</b> 9:45am Slow Flow 11:15am CoreFirst Stretch 1:30pm Chair Yoga 5:30pm Gentle/Level 1 6:45pm Yoga with Weights	<b>18</b> 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength  3:30pm Restorative + Salt	<b>19</b> 9:30am Yoga then Salt <u>9:30am Be Happy Goat Yoga</u> 12:30pm CoreFirst All-Levels  <u>2pm Guided Relaxation in the Salt Cave</u>
<b>20</b> <b>Closed for Easter.</b>	<b>21</b> 9:15am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 1:30pm Chair Yoga* 4:15pm Prenatal Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	<b>22</b> 10am Yahweh Gentle/Level 1 11:45am Corefirst All-Levels 1:45pm Slow Flow  5:30pm Restorative + Salt <u>6:30pm Yoga in Lost River Cave</u>	<b>23</b> 9:15am Gentle Yoga 11:15am CoreFirst Pilates 1:45pm Flow + Restore  5:30pm Corefirst All-Levels 6:30pm Rhythmic Yoga	<b>24</b> 9:45am Slow Flow 11:15am CoreFirst Stretch 1:30pm Chair Yoga 5:30pm Gentle/Level 1 6:45pm Yoga with Weights	<b>25</b> 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength  3:30pm Restorative + Salt  <u>5:30pm Yoga then Wine</u>	<b>26</b> 9:30am Yoga then Salt 11am Vinyasa Flow 12:30pm CoreFirst All-Levels
<b>27</b> 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt	<b>28</b> 9:15am Restorative Yoga 11:15am CoreFirst Strength 12:15pm Midday All-Levels 1:30pm Chair Yoga* 4:15pm Prenatal Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	<b>29</b> 10am Yahweh Gentle/Level 1 11:45am Corefirst All-Levels 1:45pm Slow Flow  5:30pm Restorative + Salt	<b>30</b> 9:15am Gentle Yoga 11:15am CoreFirst Pilates 1:45pm Flow + Restore  5:30pm Corefirst All-Levels 6:30pm Slow Flow	<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 stretch or massage.</b>	Susan Beshka Alesia Mary Angela Morgan Kayla Elise  Trudy Frances Shigeko Maria Julie Virginia Zoe Beth	<b>Underlined events are special pricing. Please ask for details!</b> <b>Must pre-register by 5pm the day before event.</b> Must sign up for classes at least 75 minutes in advance! <a href="http://www.behappybg.com">www.behappybg.com</a>