

May 2024 [Yoga Club](#) Challenge

My Goal = ____ classes a week for a total of ____ classes this month

Classes are listed in Eastern Time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gentle - 49 mins Or Gentle Class on Zoom 9:30am	2 Restorative - 57 mins Or Yoga Class on Zoom 9pm	3 Mildly Moderate - 59 mins	4 Moderate - 58 mins Or Moderate Class on Zoom 9am
5 Slow Flow & Restore - 62 mins Or Slow Flow & Restore on Zoom 8:30pm	6 Gentle (no standing) - 34 mins Or Gentle Yoga on Zoom 9pm	7 Vigorous Flow - 27 mins	8 Gentle Flow - 55 mins Or Gentle Class on Zoom 9:30am	9 Happy Hips - 68 mins Or Yoga Class on Zoom 9pm	10 Vinyasa - 32 mins	11 Moderately Advanced - 48 mins Or Moderate Class on Zoom 9am
12 Slow Flow & Restore - 57 mins (A) Or Slow Flow & Restore on Zoom 8:30pm	13 Gentle Yoga - 79 mins Or Gentle Yoga on Zoom 9pm	14 Gentle Mindful Movement - 25 mins	15 Gentle - 50 mins Or Gentle Class on Zoom 9:30am	16 Core Yoga - 38 mins Or Yoga Class on Zoom 9pm	17 Vigorous - 48 mins	18 Moderate - 59 mins Or Moderate Class on Zoom 9am
19 Slow Flow & Restore - 70 mins Or Slow Flow & Restore on Zoom 8:30pm	20 Gentle Flow - 68 mins Or Gentle Yoga on Zoom 9pm	21 Vigorous - 58 mins	22 Gentle - 63 mins Or Gentle Class on Zoom 9:30am	23 Gently Moderate - 63 mins Or Yoga Class on Zoom 9pm	24 Sun Salutations - 12 mins AND Balance Challenge Flow - 8 mins	25 Moderate - 29 mins Or Moderate Class on Zoom 9am
26 Slow Flow & Restore 75 mins Or Slow Flow & Restore on Zoom 8:30pm	27 Gentle - 57 mins Or Gentle Yoga on Zoom 9pm	28 Vigorous - 42	29 Gentle - 58 mins (B) Or Gentle Class on Zoom 9:30am	30 Restore - 62 Or Yoga Class on Zoom 9pm	31 Step Eleven - 38 mins	