

| sunday | monday | tuesday | wednesday | thursday | friday | saturday |
|-----------|--|-----------|---|---|-----------|--|
| | 1 7:00-8:30pm GGNH Level 1-2 | 2 | 3 5:45pm-6:45pm GGNH Gentle Yoga | 4 7:00-8:30pm GGNH Backbends & Shoulder Openers | 5 | 6 10:30am-Noon GGNH Level 1-2 |
| 7 | 8 7:00-8:30pm GGNH Level 1-2 | 9 | 10 5:45pm-6:45pm GGNH Gentle Yoga 7:00pm-8:00pm GGNH Level 1-2 | 11 7:00-8:30pm GGNH Hip Openers | 12 | 13 10:30am-Noon GGNH Level 1-2 |
| 14 | 15 7:00-8:30pm GGNH Level 1-2 | 16 | 17 5:45pm-6:45pm GGNH Gentle Yoga 7:00pm-8:00pm GGNH Level 1-2 | 18 7:00-8:30pm GGNH Yin Yoga | 19 | 20 10:30am-1pm GGNH Yoga Mala 3:00-5:00pm WFY WS:Creative Vinyasa |
| 21 | 22 7:00-8:30pm GGNH Level 1-2 | 23 | 24 5:45pm-6:45pm GGNH Gentle Yoga | 25 7:00-8:30pm GGNH Freeform Yoga | 26 | 27 10:30am-Noon GGNH Level 1-2 |
| 28 | 29 | 30 | | | | |

notes: Join us for the next Yoga Mala to celebrate the start of Summer! 108 Sun Salutations on Saturday, June 20th from 10:30am-1pm.
Marianne's next workshop will be held at WFY on June 20th from 3-5pm. AND join us after to celebrate her moving away! Even if you don't make the workshop, be sure to stop by to wish her well!

email: marianne@yogawithmarianne.com
ADV = Advanced Class | **WS** = Workshop | **GGNH** = Gold's Gym North Hills | **GGPV** = Gold's Gym Pleasant Valley | **WFY** = Wake Forest Yoga