

# VINYASA MODERATE THEMES: APR-JUN 2026

TUESDAYS 9-10AM		WEDNESDAY 6:45-7:45PM		FRIDAYS 6:45-7:45PM	
Date	Theme	Date	Theme	Date	Theme
		Apr 1	Whole Body	Apr 3	Shoulder & Arms
Apr 7	Hips & Legs	Apr 8	Spine & Core	Apr 10	Whole Body
Apr 14	Shoulder & Arms	Apr 15	Hips & Legs	Apr 17	Spine & Core
Apr 21	Whole Body	Apr 22	Shoulder & Arms	Apr 24	Hips & Legs
Apr 28	Spine & Core	Apr 29	Whole Body	May 1	Shoulder & Arms
May 5	Hips & Legs	May 6	Spine & Core	May 8	Whole Body
May 12	Shoulder & Arms	May 13	Hips & Legs	May 15	Spine & Core
May 19	Whole Body	May 20	Shoulder & Arms	May 22	Hips & Legs
May 26	Spine & Core	May 27	Whole Body	May 29	Shoulder & Arms
Jun 2	Hips & Legs	Jun 3	Spine & Core	Jun 5	Whole Body
Jun 9	Shoulder & Arms	Jun 10	Hips & Legs	Jun 12	Spine & Core
Jun 16	Whole Body	Jun 17	Shoulder & Arms	Jun 19	Hips & Legs
Jun 23	Spine & Core	Jun 24	Whole Body	Jun 26	Shoulder & Arms
Jun 30	Hips & Legs				