



# MAY CLASS SCHEDULE

## MONDAY

Precision Yoga 7:15 - 8:15a  
Yin + Yang Yoga 9:00-10:00a  
Meditation 12:00 - 12:30p  
Total Body Circuit 1:15 - 1:45p  
Viinyasa Yoga 6:00 - 7:00p

## TUESDAY

Student Guided Meditation  
2:30 - 2:50p  
"Wind-Down" Yoga 8:00-8:30p

## WEDNESDAY

Vinyasa Yoga 7:15-8:15a  
Chair Yoga 9:00 - 10:00a  
Breath Work 12:00 - 12:30p  
Pilates 12:30 - 1:00p  
Total Body Circuit 1:15 - 1:45p  
"Wind Down" Yoga 8:00-8:30p

## THURSDAY

Vinyasa Yoga 9-10a  
Student Guided Meditation  
2:30 - 2:50p

## FRIDAY

Meditation 11:00 - 11:45a

## SATURDAY

Meditation 10:30 - 11:30a

Drop-in classes are free for all current ULV students, faculty & staff

Access these classes by registering on campus labs or go to  
<http://tiny.cc/lewiscenter>

**Attend any of these events and enter our #stigmafreeulv raffle.  
Enter the raffle here: <https://tinyurl.com/StigmaFreeULVRaffle>**