

November 2018

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8:30 AM – 5:30 PM E: Bones & Muscles	29 8:45 AM – 12:45 PM D: Bones & Muscles 5:45 PM – 9:45 PM E: Bones & Muscles	30 8:30 AM – 5:30 PM C: Stand Your Ground – Legs & Feet 5:45 PM – 9:45 PM E: Bones & Muscles	31 Halloween 8:45 AM – 12:45 PM D: Biz 32 5:45 PM – 9:45 PM E: Myofascial Therapy	1 8:45 AM – 12:45 PM D: Bones & Muscles 5:45 PM – 9:45 PM E: Myofascial Therapy	2 8:45 AM – 12:45 PM D: Bones & Muscles 5:45 PM – 9:45 PM E: Myofascial Therapy	3 8:30 AM – 5:30 PM E: Myofascial Therapy
4 Daylight Saving Time Ends 8:30 AM – 5:30 PM E: Myofascial Therapy	5 8:45 AM – 12:45 PM D: Kinesiology 28 5:45 PM – 9:45 PM E: Myofascial Therapy	6 Election Day 8:30 AM – C: Massage for Oncology & Hospice Care 5:45 PM – 9:45 PM E: Myofascial Therapy	7 8:30 AM – C: Massage for Oncology & Hospice Care 5:45 PM – 9:45 PM E: Myofascial Therapy	8 8:45 AM – 12:45 PM D: Kinesiology 28 5:45 PM – 9:45 PM E: Myofascial Therapy	9 8:45 AM – 12:45 PM D: Biz 32 5:45 PM – 9:45 PM E: Myofascial Therapy	10
11 Veterans Day	12 Veterans Day (observed) 8:45 AM – 12:45 PM D: Kinesiology 28	13 8:30 AM – C: Ease the Load – Shoulder Work	14 8:45 AM – 12:45 PM D: Biz 32	15 8:45 AM – 12:45 PM D: Biz 8/4 8:45 AM – 12:45 PM D: Kinesiology 28	16 8:45 AM – 12:45 PM D: Biz 8/4	17 8:30 AM – 5:30 PM D: Biz 8/4
18	19 8:45 AM – 12:45 PM D: Kinesiology 28	20	21	22 Thanksgiving	23	24
25	26 8:45 AM – 12:45 PM D: Kinesiology 28	27 8:30 AM – C: Embracing Life – Arms, Wrists & Hands	28 8:45 AM – 12:45 PM D: Biz 32	29 8:45 AM – 12:45 PM D: Kinesiology 28 5:45 PM – 9:45 PM E: Kinesiology 28	30 8:45 AM – 12:45 PM D: Biz 32 5:45 PM – 9:45 PM E: Kinesiology 28	1 8:30 AM – 5:30 PM E: Kinesiology 28

December 2018

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 8:45 AM – 12:45 PM D: Ki- nesiology 28	27 8:30 AM – C: Embracing Life – Arms, Wrists & Hands	28 8:45 AM – 12:45 PM D: Biz 32	29 8:45 AM – 12:45 PM D: Ki- nesiology 28 5:45 PM – 9:45 PM E: Ki- nesiology 28	30 8:45 AM – 12:45 PM D: Biz 32 5:45 PM – 9:45 PM E: Ki- nesiology 28	1 8:30 AM – 5:30 PM E: Ki- nesiology 28
2 8:30 AM – 5:30 PM E: Ki- nesiology 28	3 8:45 AM – 12:45 PM D: Biz 32 5:45 PM – 9:45 PM E: Ki- nesiology 28	4 8:30 AM – 5:30 PM C: Rock to Relax: Pulsing	5 8:30 AM – 5:30 PM C: Rock to Relax: Pulsing	6 8:30 AM – 5:30 PM C: Barefoot Bars Deep Tissue @ Johnston Location!!	7 8:30 AM – 5:30 PM C: Barefoot Bars Deep Tissue @ Johnston Location!!	8 8:30 AM – 5:30 PM C: Barefoot Bars Deep Tissue @ Johnston Location!!
9 8:30 AM – 5:30 PM C: Barefoot Bars Deep Tissue @ Johnston Location!! 8:45 AM – 12:45 PM D: Biz 32	10 8:30 AM – 5:30 PM C: Rock to Relax: Rebalancing	11 8:30 AM – 5:30 PM C: Rock to Relax: Rebalancing	12 8:45 AM – 12:45 PM D: Biz 32 5:30 PM – 10:00 PM E: Deep Tissue (Attn: Longer Hours!)	13 8:45 AM – 12:45 PM D: Biz 12 5:30 PM – 10:00 PM E: Deep Tissue (Attn: Longer Hours!)	14 5:30 PM – 10:00 PM E: Deep Tissue (Attn: Longer Hours!)	15 8:30 AM – 5:45 PM E: Deep Tissue (Attn: Longer Hours!)
16 8:30 AM – 5:45 PM E: Deep Tissue (Attn: Longer Hours!)	17 8:45 AM – 12:45 PM D: Biz 12 5:30 PM – 10:00 PM E: Deep Tissue (Attn: Longer Hours!)	18 5:30 PM – 10:00 PM E: Deep Tissue (Attn: Longer Hours!)	19 8:45 AM – 12:45 PM D: Biz 12 5:30 PM – 10:00 PM E: Deep Tissue (Attn: Longer Hours!)	20 5:30 PM – 10:00 PM E: Deep Tissue (Attn: Longer Hours!)	21	22
23	24	25 Christmas Day	26	27	28	29
30	31	1 New Year's Day	2 5:45 PM – 9:45 PM – Biz 12	3 5:45 PM – 9:45 PM – Biz 12	4 5:45 PM – 9:45 PM – Biz 12	5 8:30 AM – 5:30 PM – Bam- boo Massage

January 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 New Year's Day	2 5:45 PM – 9:45 PM – Biz 12	3 5:45 PM – 9:45 PM – Biz 12	4 5:45 PM – 9:45 PM – Biz 12	5 8:30 AM – 5:30 PM – Bam-boo Massage
6 8:30 AM – 5:30 PM – Bam-boo Massage	7 8:45 AM – 12:45 PM – Physiology 5:45 PM – 9:45 PM – Bam-boo Massage	8 5:45 PM – 9:45 PM – Bam-boo Massage	9 5:45 PM – 9:45 PM – Physi-ology	10 5:45 PM – 9:45 PM – Physi-ology	11 8:45 AM – 12:45 PM – Physiology 5:45 PM – 9:45 PM – Biz 8/4	12 8:30 AM – 5:30 PM – Biz 8/4
13 8:30 AM – 5:30 PM – Physi-ology	14 8:45 AM – 12:45 PM – Physiology	15 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	16 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	17 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	18 8:45 AM – 12:45 PM – Physiology 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	19 8:30 AM – 5:30 PM – TM1: Therapeutic Massage Level 1
20 8:30 AM – 5:30 PM – TM1: Therapeutic Massage Level 1	21 Martin Luther King, Jr. Day 8:45 AM – 12:45 PM – Physiology 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	22 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	23 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	24 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	25 8:45 AM – 12:45 PM – Physiology	26 8:30 AM – 5:30 PM – Hot Stone Reflexology
27 8:30 AM – 5:30 PM – Hot Stone Reflexology	28 8:45 AM – 12:45 PM – Physiology	29 5:45 PM – 9:45 PM – Physi-ology	30 5:45 PM – 9:45 PM – Physi-ology	31	1 8:45 AM – 12:45 PM – Physiology	2 Groundhog Day

February 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 8:30 AM – 5:30 PM – Hot Stone Reflexology	28 8:45 AM – 12:45 PM – Physiology	29 5:45 PM – 9:45 PM – Physiology	30 5:45 PM – 9:45 PM – Physiology	31	1 8:45 AM – 12:45 PM – Physiology	2 Groundhog Day
3	4 8:45 AM – 12:45 PM – Physiology	5 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Physiology	6 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Physiology	7 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Physiology	8 8:45 AM – 12:45 PM – Physiology 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	9 8:30 AM – 5:30 PM – TM2: Therapeutic Massage Level 2
10 8:30 AM – 5:30 PM – TM2: Therapeutic Massage Level 2	11 8:45 AM – 12:45 PM – Physiology 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	12 Lincoln's Birthday 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	13 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	14 Valentine's Day 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	15 8:45 AM – 12:45 PM – Physiology 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	16 8:30 AM – 5:30 PM – TM2: Therapeutic Massage Level 2
17 8:30 AM – 5:30 PM – Physiology	18 Presidents' Day 8:30 AM – 5:30 PM – Crazy Good Neck Work – Version One 8:45 AM – 12:45 PM – Physiology	19 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Physiology	20 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Physiology	21 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Biz 32	22 Washington's Birthday 8:45 AM – 12:45 PM – Pathology 5:45 PM – 9:45 PM – Biz 32	23 8:30 AM – 5:30 PM – Biz 32
24 8:30 AM – 5:30 PM – Biz 32	25 8:45 AM – 12:45 PM – Pathology	26 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Biz 32	27 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Biz 32	28 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Bones & Muscles	1 8:45 AM – 12:45 PM – Pathology 5:45 PM – 9:45 PM – Hydrotherapy	2 8:30 AM – 5:30 PM – Hydrotherapy

March 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 8:30 AM – 5:30 PM – Biz 32	25 8:45 AM – 12:45 PM – Pathology	26 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Biz 32	27 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Biz 32	28 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Bones & Muscles	1 8:45 AM – 12:45 PM – Pathology 5:45 PM – 9:45 PM – Hydrotherapy	2 8:30 AM – 5:30 PM – Hydrotherapy
3 8:30 AM – 5:30 PM – Hydrotherapy	4 8:45 AM – 12:45 PM – Pathology 5:45 PM – 9:45 PM – Hydrotherapy	5 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Bones & Muscles	6 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Bones & Muscles	7 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Bones & Muscles	8 8:45 AM – 12:45 PM – Pathology 5:45 PM – 9:45 PM – Thai Foot Massage	9 8:30 AM – 5:30 PM – Thai Foot Massage
10 Daylight Saving Time Begins 8:30 AM – 5:30 PM – Thai Foot Massage	11 8:45 AM – 12:45 PM – Pathology 5:45 PM – 9:45 PM – Thai Foot Massage	12 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Bones & Muscles	13 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Bones & Muscles	14 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2	15 8:45 AM – 12:45 PM – Pathology 5:45 PM – 9:45 PM – Lymphatic Drainage Massage	16 8:30 AM – 5:30 PM – Lymphatic Drainage Massage
17 St Patrick's Day 8:30 AM – 5:30 PM – Lymphatic Drainage Massage	18 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Lymphatic Drainage Massage	19 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Lymphatic Drainage Massage	20 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Lymphatic Drainage Massage	21 8:45 AM – 12:45 PM – Pathology 5:45 PM – 9:45 PM – Lymphatic Drainage Massage	22 8:45 AM – 12:45 PM – Pathology 5:45 PM – 9:45 PM – Lymphatic Drainage Massage	23 8:30 AM – 5:30 PM – Lymphatic Drainage Massage
24 8:30 AM – 5:30 PM – Bones & Muscles	25 8:30 AM – 5:30 PM – Soothing Belly Work 8:45 AM – 12:45 PM – Pathology	26 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Bones & Muscles	27 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Bones & Muscles	28 8:45 AM – 12:45 PM – TM2: Therapeutic Massage Level 2 5:45 PM – 9:45 PM – NMT: Neuromuscular Massage	29 8:45 AM – 12:45 PM – Pathology 5:45 PM – 9:45 PM – NMT: Neuromuscular Massage	30 8:30 AM – 5:30 PM – NMT: Neuromuscular Massage
31 8:30 AM – 5:30 PM – NMT: Neuromuscular Massage	1 April Fools Day 5:45 PM – 9:45 PM – Bones & Muscles	2 5:45 PM – 9:45 PM – Euro Spa	3 5:45 PM – 9:45 PM – Euro Spa	4 5:45 PM – 9:45 PM – Euro Spa	5 5:45 PM – 9:45 PM – Euro Spa	6 8:30 AM – 5:30 PM – Euro Spa

April 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 8:30 AM – 5:30 PM – NMT: Neuromuscular Massage	1 April Fools Day 5:45 PM – 9:45 PM – Bones & Muscles	2 5:45 PM – 9:45 PM – Euro Spa	3 5:45 PM – 9:45 PM – Euro Spa	4 5:45 PM – 9:45 PM – Euro Spa	5 5:45 PM – 9:45 PM – Euro Spa	6 8:30 AM – 5:30 PM – Euro Spa
7 8:30 AM – 5:30 PM – Bones & Muscles	8 5:45 PM – 9:45 PM – Pathology	9 5:45 PM – 9:45 PM – Pathology	10 5:45 PM – 9:45 PM – Pathology	11 5:45 PM – 9:45 PM – Thai on the Table	12 5:45 PM – 9:45 PM – Thai on the Table	13 8:30 AM – 5:30 PM – Thai on the Table
14 8:30 AM – 5:30 PM – Thai on the Table	15 Tax Day	16 5:45 PM – 9:45 PM – Pathology	17 5:45 PM – 9:45 PM – Pathology	18 5:45 PM – 9:45 PM – Pathology	19 5:45 PM – 9:45 PM – Lomi- Lomi	20 8:30 AM – 5:30 PM – Lomi- Lomi
21 Easter 8:30 AM – 5:30 PM – Lomi- Lomi	22 Earth Day 5:45 PM – 9:45 PM – Lomi- Lomi	23 5:45 PM – 9:45 PM – Pathology	24 5:45 PM – 9:45 PM – Pathology	25 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – Pathology	26 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	27 8:30 AM – 5:30 PM – TM1: herapeutic Massage Level 1
28 8:30 AM – 5:30 PM – TM1: herapeutic Massage Level 1	29 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	30 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	1 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	2 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	3 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	4 8:30 AM – 5:30 PM – TM1: Therapeutic Massage Level 1

May 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8:30 AM – 5:30 PM – TM1: herapeutic Massage Level 1	29 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	30 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	1 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	2 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	3 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	4 8:30 AM – 5:30 PM – TM1: Therapeutic Massage Level 1
5 8:30 AM – 5:30 PM – Pathology 8:30 AM – 6:00 PM – Maternity & Infant Massage	6 8:30 AM – 5:30 PM – Fusion 16 5:30 PM – 10:00 PM – Maternity & Infant Massage	7 8:30 AM – 5:30 PM – Fusion 16 5:30 PM – 10:00 PM – Maternity & Infant Massage	8 5:30 PM – 10:00 PM – Maternity & Infant Massage	9 5:30 PM – 10:00 PM – Maternity & Infant Massage	10 5:30 PM – 10:00 PM – Maternity & Infant Massage	11 8:30 AM – 6:00 PM – Maternity & Infant Massage
12 Mother's Day 8:30 AM – 6:00 PM – Maternity & Infant Massage	13 8:30 AM – 5:30 PM – Crown & Glory: Head Massage 5:45 PM – 9:45 PM – Geriatric (Elderly) Massage	14 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – Geriatric (Elderly) Massage	15 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – Geriatric (Elderly) Massage	16 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – Geriatric (Elderly) Massage	17 8:45 AM – 12:45 PM – Bones & Muscles 1:00 PM – 9:45 PM – part day Geriatric (Elderly) Massage	18
19 8:30 AM – 5:30 PM – TM2: Therapeutic Massage Level 2	20 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	21 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	22 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	23 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	24 8:30 AM – 5:30 PM – Barefoot Bars Deep Tissue	25 8:30 AM – 5:30 PM – Barefoot Bars Deep Tissue
26 8:30 AM – 5:30 PM – Barefoot Bars Deep Tissue	27 Memorial Day 8:30 AM – 5:30 PM – Barefoot Bars Deep Tissue	28 8:30 AM – 5:30 PM – Dreamy Face Sequence 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	29 John F. Kennedy's Birthday 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	30 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	31 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	1 8:30 AM – 5:30 PM – TM2: Therapeutic Massage Level 2

June 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 8:30 AM – 5:30 PM – Bare-foot Bars Deep Tissue	27 Memorial Day 8:30 AM – 5:30 PM – Bare-foot Bars Deep Tissue	28 8:30 AM – 5:30 PM – Dreamy Face Sequence 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	29 John F. Kennedy's Birthday 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	30 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	31 8:45 AM – 12:45 PM – Bones & Muscles 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	1 8:30 AM – 5:30 PM – TM2: Therapeutic Massage Level 2
2 8:30 AM – 5:30 PM – Sea Shell Massage	3 5:45 PM – 9:45 PM – Sea Shell Massage	4 5:45 PM – 9:45 PM – Sea Shell Massage	5 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM3: Therapeutic Massage Level 3	6 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM3: Therapeutic Massage Level 3	7 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM3: Therapeutic Massage Level 3	8 8:30 AM – 5:30 PM – Sans-Hands Slow Flow
9 8:30 AM – 5:30 PM – Sans-Hands Slow Flow	10 8:30 AM – 5:30 PM – Sans-Hands Slow Flow	11 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM3: Therapeutic Massage Level 3	12 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM3: Therapeutic Massage Level 3	13 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM3: Therapeutic Massage Level 3	14 Flag Day 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM3: Therapeutic Massage Level 3	15 8:30 AM – 5:30 PM – TM3: herapeutic Massage Level 3
16 Father's Day 8:30 AM – 5:30 PM – TM3: herapeutic Massage Level 3	17 8:45 AM – 12:45 PM – TM3: Therapeutic Massage Level 3 5:45 PM – 9:45 PM – TM3: Therapeutic Massage Level 3	18 8:30 AM – 5:30 PM – I've Got Your Back	19 8:30 AM – 5:30 PM – Stand Your Ground – Legs & Feet	20 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage	21 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage	22 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage
23 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage	24 5:45 PM – 9:45 PM – Aromatherapy	25 5:45 PM – 9:45 PM – Aromatherapy	26 5:45 PM – 9:45 PM – Aromatherapy	27 5:45 PM – 9:45 PM – Aromatherapy	28 5:45 PM – 9:45 PM – Aromatherapy	29 8:30 AM – 5:30 PM – Aromatherapy
30 8:30 AM – 5:30 PM – Aromatherapy	1 5:45 PM – 9:45 PM – Aromatherapy	2 5:45 PM – 9:45 PM – Aromatherapy	3 5:45 PM – 9:45 PM – Aromatherapy	4 Independence Day	5	6

July 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:30 AM – 5:30 PM – Aromatherapy	1 5:45 PM – 9:45 PM – Aromatherapy	2 5:45 PM – 9:45 PM – Aromatherapy	3 5:45 PM – 9:45 PM – Aromatherapy	4 Independence Day	5	6
7	8 5:45 PM – 9:45 PM – Kinesiology	9 5:45 PM – 9:45 PM – Kinesiology	10 5:45 PM – 9:45 PM – Kinesiology	11 9:45 AM – 9:45 PM – Kinesiology	12 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage	13 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage
14 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage	15 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage	16 5:45 PM – 9:45 PM – Hot & Cold Stone Therapy	17 5:45 PM – 9:45 PM – Hot & Cold Stone Therapy	18 5:45 PM – 9:45 PM – Hot & Cold Stone Therapy	19 5:45 PM – 9:45 PM – Hot & Cold Stone Therapy	20 8:30 AM – 5:30 PM – Hot & Cold Stone Therapy
21 8:30 AM – 5:30 PM – Hot & Cold Stone Therapy	22 5:45 PM – 9:45 PM – Hot & Cold Stone Therapy	23 5:45 PM – 9:45 PM – Hot & Cold Stone Therapy	24 5:45 PM – 9:45 PM – Hot & Cold Stone Therapy	25 5:45 PM – 9:45 PM – Hot & Cold Stone Therapy	26 8:30 AM – 5:30 PM – Pulsing: Rock to Relax	27 8:30 AM – 5:30 PM – Pulsing: Rock to Relax
28 8:30 AM – 5:30 PM – Rebalancing: Rock to Relax	29 8:30 AM – 5:30 PM – Rebalancing: Rock to Relax	30 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 9:45 AM – 9:45 PM – Kinesiology	31 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 9:45 AM – 9:45 PM – Kinesiology	1 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 9:45 AM – 9:45 PM – Kinesiology	2 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage	3 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage

August 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8:30 AM – 5:30 PM – Re-balancing: Rock to Relax	29 8:30 AM – 5:30 PM – Re-balancing: Rock to Relax	30 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 9:45 AM – 9:45 PM – Kinesiology	31 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 9:45 AM – 9:45 PM – Kinesiology	1 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 9:45 AM – 9:45 PM – Kinesiology	2 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage	3 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage
4 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage	5 8:30 AM – 5:30 PM – Ortho (Clinical also Sports) Massage	6 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Oncology & Hospice Care	7 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Oncology & Hospice Care	8 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Oncology & Hospice Care	9 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Oncology & Hospice Care	10 8:30 AM – 5:30 PM – Ayurvedic Shirodhara
11 8:30 AM – 5:30 PM – Ayurvedic Shirodhara	12 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Reflexology	13 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Reflexology	14 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Reflexology	15 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Reflexology	16 8:45 AM – 12:45 PM – TM1: Therapeutic Massage Level 1 5:45 PM – 9:45 PM – Reflexology	17 8:30 AM – 5:30 PM – Reflexology
18 8:30 AM – 5:30 PM – Reflexology	19 8:45 AM – 12:45 PM – Kinesiology 5:45 PM – 9:45 PM – Reflexology	20 5:45 PM – 9:45 PM – Reflexology	21 5:45 PM – 9:45 PM – Reflexology	22 5:45 PM – 9:45 PM – Positional Release	23 8:45 AM – 12:45 PM – Kinesiology 5:45 PM – 9:45 PM – Positional Release	24 8:30 AM – 5:30 PM – Positional Release
25 8:30 AM – 5:30 PM – Positional Release	26 8:45 AM – 12:45 PM – Kinesiology 5:45 PM – 9:45 PM – Sound Infused Therapies 5:45 PM – 9:45 PM – Physiology	27 5:45 PM – 9:45 PM – Sound Infused Therapies 5:45 PM – 9:45 PM – Physiology	28 5:45 PM – 9:45 PM – Sound Infused Therapies 5:45 PM – 9:45 PM – Physiology	29 5:45 PM – 9:45 PM – Physiology 5:45 PM – 9:45 PM – Sound Infused Therapies	30 8:30 AM – 5:30 PM – Trad. Thai on the Mat	31 8:30 AM – 5:30 PM – Trad. Thai on the Mat

September 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 AM – 5:30 PM – Trad. Thai on the Mat	2 Labor Day 8:30 AM – 5:30 PM – Trad. Thai on the Mat	3 5:45 PM – 9:45 PM – Positional Release	4 5:45 PM – 9:45 PM – Positional Release	5 5:45 PM – 9:45 PM – Positional Release	6 8:45 AM – 12:45 PM – Kinesiology 5:45 PM – 9:45 PM – Positional Release	7 8:30 AM – 5:30 PM – Positional Release
8 8:30 AM – 5:30 PM – Physiology	9 8:30 AM – 5:30 PM – Move Freely: Pelvis	10 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Physiology	11 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Physiology	12 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Physiology	13 8:30 AM – 5:30 PM – Trad. Thai on the Mat	14 8:30 AM – 5:30 PM – Trad. Thai on the Mat
15 8:30 AM – 5:30 PM – Trad. Thai on the Mat	16 8:30 AM – 5:30 PM – Trad. Thai on the Mat	17 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	18 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	19 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	20 8:45 AM – 12:45 PM – Kinesiology 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	21 8:30 AM – 5:30 PM – TM1: Therapeutic Massage Level 1
22 8:30 AM – 5:30 PM – TM1: Therapeutic Massage Level 1	23 8:45 AM – 12:45 PM – Kinesiology 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	24 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	25 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	26 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	27 8:30 AM – 5:30 PM – Trad. Thai on the Mat	28 8:30 AM – 5:30 PM – Trad. Thai on the Mat
29 8:30 AM – 5:30 PM – Trad. Thai on the Mat	30 8:30 AM – 5:30 PM – Trad. Thai on the Mat	1 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Physiology	2 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Physiology	3 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Physiology	4 8:45 AM – 12:45 PM – Kinesiology 5:45 PM – 9:45 PM – Physiology	5 8:30 AM – 5:30 PM – Thai Herbal Spa

October 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 8:30 AM – 5:30 PM – Trad. Thai on the Mat	30 8:30 AM – 5:30 PM – Trad. Thai on the Mat	1 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Pysiology	2 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Pysiology	3 8:45 AM – 12:45 PM – TM2 Therapeutic Massage Level 2 5:45 PM – 9:45 PM – Pysiology	4 8:45 AM – 12:45 PM – Kinesiology 5:45 PM – 9:45 PM – Pysiology	5 8:30 AM – 5:30 PM – Thai Herbal Spa
6 8:30 AM – 5:30 PM – Thai Herbal Spa	7 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	8 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	9 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	10 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	11 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	12 8:30 AM – 5:30 PM – TM2: Therapeutic Massage Level 2
13 8:30 AM – 5:30 PM – TM2: Therapeutic Massage Level 2	14 Columbus Day 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	15 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	16 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – TM2: Therapeutic Massage Level 2	17 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – Bones & Muscles	18 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – Bones & Muscles	19 8:30 AM – 5:30 PM – Bones & Muscles
20 8:30 AM – 5:30 PM – Premier Spa – Indonesia	21 5:45 PM – 9:45 PM – Premier Spa – Indonesia	22 5:45 PM – 9:45 PM – Premier Spa – Indonesia	23 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – Bones & Muscles	24 8:45 AM – 12:45 PM – Acupuncture 5:45 PM – 9:45 PM – Bones & Muscles	25 8:30 AM – 5:30 PM – Barefoot Bars Deep Tissue	26 8:30 AM – 5:30 PM – Barefoot Bars Deep Tissue
27 8:30 AM – 5:30 PM – Barefoot Bars Deep Tissue	28 8:30 AM – 5:30 PM – Barefoot Bars Deep Tissue	29 5:45 PM – 9:45 PM – Bones & Muscles	30 5:45 PM – 9:45 PM – Bones & Muscles	31 Halloween 5:45 PM – 9:45 PM – Bones & Muscles	1 5:45 PM – 9:45 PM – Myofascial Therapy	2 8:30 AM – 5:30 PM – Myofascial Therapy

November 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 8:30 AM – 5:30 PM – Bare-foot Bars Deep Tissue	28 8:30 AM – 5:30 PM – Bare-foot Bars Deep Tissue	29 5:45 PM – 9:45 PM – Bones & Muscles	30 5:45 PM – 9:45 PM – Bones & Muscles	31 Halloween 5:45 PM – 9:45 PM – Bones & Muscles	1 5:45 PM – 9:45 PM – Myofascial Therapy	2 8:30 AM – 5:30 PM – Myofascial Therapy
3 Daylight Saving Time Ends 8:30 AM – 5:30 PM – Myofascial Therapy	4 5:45 PM – 9:45 PM – Myofascial Therapy	5 Election Day 5:45 PM – 9:45 PM – Myofascial Therapy	6 5:45 PM – 9:45 PM – Myofascial Therapy	7 5:45 PM – 9:45 PM – Myofascial Therapy	8 5:45 PM – 9:45 PM – Myofascial Therapy	9 8:30 AM – 5:30 PM – Myofascial Therapy
10 8:30 AM – 5:30 PM – Bones & Muscles	11 Veterans Day 5:45 PM – 9:45 PM – Bones & Muscles	12 5:45 PM – 9:45 PM – Bones & Muscles	13 5:45 PM – 9:45 PM – Deep Tissue Massage	14 5:45 PM – 9:45 PM – Deep Tissue Massage	15 5:45 PM – 9:45 PM – Deep Tissue Massage	16 8:30 AM – 5:30 PM – Deep Tissue Massage
17 8:30 AM – 5:30 PM – Deep Tissue Massage	18 5:45 PM – 9:45 PM – Deep Tissue Massage	19 5:45 PM – 9:45 PM – Deep Tissue Massage	20 5:45 PM – 9:45 PM – Deep Tissue Massage	21 5:45 PM – 9:45 PM – Deep Tissue Massage	22 5:45 PM – 9:45 PM – Deep Tissue Massage	23 8:30 AM – 5:30 PM – Kinesiology
24 8:30 AM – 5:30 PM – Ease the Load: Shoulders	25 8:45 AM – 12:45 PM – Biz 12 5:45 PM – 9:45 PM – Kinesiology	26 8:45 AM – 12:45 PM – Biz 12 5:45 PM – 9:45 PM – Kinesiology	27 8:45 AM – 12:45 PM – Biz 12	28 Thanksgiving	29	30

December 2019

- US Holidays
- BWS Combo Hour Classes
- BWS Day Classes
- BWS EveWE Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ■ 8:45 AM – 12:45 PM – Biz 32 ■ 5:45 PM – 9:45 PM – Kine-siology	3 ■ 8:45 AM – 12:45 PM – Biz 32 ■ 5:45 PM – 9:45 PM – Kine-siology	4 ■ 8:45 AM – 12:45 PM – Biz 32 ■ 5:45 PM – 9:45 PM – Kine-siology	5 ■ 8:45 AM – 12:45 PM – Biz 32 ■ 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	6 ■ 8:45 AM – 12:45 PM – Biz 32 ■ 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	7 ■ 8:30 AM – 5:30 PM – TM1: Therapeutic Massage Level 1
8 ■ 8:30 AM – 5:30 PM – Pathology	9 ■ 8:45 AM – 12:45 PM – Biz 32 ■ 5:45 PM – 9:45 PM – Pathology	10 ■ 8:45 AM – 12:45 PM – Biz 32 ■ 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	11 ■ 8:45 AM – 12:45 PM – Biz 32 ■ 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	12 ■ 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	13 ■ 5:45 PM – 9:45 PM – TM1: Therapeutic Massage Level 1	14 ■ 8:30 AM – 5:30 PM – TM1: Therapeutic Massage Level 1
15 ■ 8:30 AM – 5:30 PM – TM1: Therapeutic Massage Level 1	16 ■ 5:45 PM – 9:45 PM – Pathology	17 ■ 5:45 PM – 9:45 PM – Biz 12	18 ■ 5:45 PM – 9:45 PM – Biz 12	19 ■ 5:45 PM – 9:45 PM – Biz 12	20 ■ 8:45 AM – 12:45 PM – Biz 8/4 ■ 5:45 PM – 9:45 PM – Biz 8/4	21 ■ 8:30 AM – 5:30 PM – Biz 8/4 ■ 8:30 AM – 5:30 PM – Biz 8/4
22 ■ 8:30 AM – 5:30 PM – Pathology	23 ■ 5:45 PM – 9:45 PM – Pathology	24	25 Christmas Day	26	27	28
29	30	31	1 New Year's Day	2 ■ 5:45 PM – 9:45 PM – Pathology	3 ■ 5:45 PM – 9:45 PM – Pathology	4 ■ 8:30 AM – 5:30 PM – Pathology