

# MARCH

SUN MON TUE WED THU FRI SAT

1	2	3	4	5	6	7
10 am Tone & Flow w/ Sheena 5pm Restorative Yoga w/Eva	8:30 am Gentle Yoga w/Eva 5:30pm Vinyasa Flow w/Jan	5:45am Sunrise w/Katie 10am Hatha w/Sheena 6pm Full Moon Yoga w/ Sheena 	8:30 am Gentle w/Jan 6pm Warm Power Flow w/Gretchen	5:45am Sunrise w/Katie 9am Gentle Yoga w/Eva 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan	10 am Vinyasa w/Courtney 10 am Grow & Flow w/ Gretchen @ Kiwanis Family Park 11:30 am Power Flow w/ Maria
8 10 am Vinyasa w/ Deanna 12:30 Warm LSD w/ Deanna 5pm Stretch and Align w/Eva 6:30 pm THRESHOLDS w/ Sheena	9 8:30 am Gentle Yoga w/Eva 5:30pm Vinyasa Flow w/Jan	10 5:45am Sunrise w/Katie 10am Hatha w/Sheena 6pm Hatha Yoga w/Sheena	11 8:30 am Gentle w/Jan 4:30 pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	12 5:45am Sunrise w/Katie 9am Gentle Yoga w/Eva 5:45 pm Rest & Renew w/Eva	13 9am Slow Flow w/Deanna	14 10 am Vinyasa w/Courtney 1pm Cancer Care Yoga w/ Sandra
15 10 am Tone & Flow w/ Sheena 5pm Restorative Yoga w/Eva	16 8:30 am Gentle Yoga w/Eva 5:30pm Vinyasa Flow w/Maria	17 5:45am Sunrise w/Katie 10am Hatha w/Sheena 6pm Yin Yoga w/Sheena	18 8:30 am Gentle w/Sheena 4:30 pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	19 5:45am Sunrise w/Katie 9am Restorative Yoga w/Eva 5:45 Rest & Renew w/ Eva	20 9am Slow Flow w/Jan	21 10 am Vinyasa w/Courtney 11:30 am Power Flow w/ Maria 1-3 pm 108 Yoga mala w/Sheena 4:30 pm Warm LSD w/Jan
22 10 am Vinyasa w/ Emily 4pm Super Core Sunday w/ Gretchen 5pm Stretch and Align w/Katie 7pm Soundbath w/ Jarek	23 8:30 am Gentle Yoga w/Eva 5:30 Vinyasa Flow w/Jan	24 5:45am Sunrise w/Katie 10am Hatha w/Sheena 6pm Hatha Yoga w/Sheena	25 8:30 am Gentle w/Jan 4:30 pm Warm Tone & Flow w/ Sheena 6pm Warm Power Flow w/Gretchen	26 5:45am Sunrise w/Katie 9am Gentle Yoga w/Eva 5:45 pm Rest & Renew w/Eva	27 9am Slow Flow w/Jan	28 10 am Rock N Flow w/Courtney 3pm Elemental Rhythm Breathwork Workshop w/Carrie Brewer
29 10 am Tone & Flow w/ Sheena 5pm Restorative Yoga w/Eva	30 8:30 am Gentle Yoga w/Eva 5:30 Vinyasa Flow w/Jan 7pm Yoga Nidra w/Sheena	31 5:45am Sunrise w/Katie 10am Hatha w/Sheena 6pm Hatha Yoga w/Sheena	1 5:45am Sunrise w/Katie 10am Hatha w/Sheena 6pm Hatha Yoga w/Sheena	2	3	4

Calendar Key:

Special Classes and Workshops

Warm Classes

