

MARCH

2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Chair Yoga 3:30pm Beginner Flow 5pm Power Yoga 6:30pm	3 Yoga Flow 6:30pm	4 Hot Yoga 10am Chill & Flow 6:30pm	5 Power Yoga 6:30pm	6 Sound Bath 7pm	7 Hot Yoga 9am
8 Restorative Yoga 4pm	9 Chair Yoga 3:30pm Beginner Flow 5pm Power Yoga 6:30pm	10 Yoga Flow 6:30pm	11 Hot Yoga 10am Chill & Flow 6:30pm	12 Power Yoga 6:30pm	13 Gentle Yoga 6:30pm	14 Hot Yoga 9am
15 Heated Level II 10am	16 Chair Yoga 3:30pm Beginner Flow 5pm Power Yoga 6:30pm	17 Yoga Flow 6:30pm	18 Hot Yoga 10am Chill & Flow 6:30pm	19 Power SWORD Yoga 6:30pm	20 New Moon Flow 6:30pm	21 Hot Yoga 9am
22 Reiki Sound Bath 5pm	23 Chair Yoga 3:30pm Beginner Flow 5pm Power Yoga 6:30pm	24 Yoga Flow 5pm	25 Hot Yoga 10am Chill & Flow 6:30pm	26 Power Yoga 6:30pm	27 Gentle Yoga 6:30pm	28 Hot Yoga 9am
29	30 Chair Yoga 3:30pm Beginner Flow 5pm Power Yoga 6:30pm	31 NO CLASS	1	2	3	4