

# March Yoga 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1:30pm Chair/Meditation JanMarie	2 7:00am Slow Flow Meditation Rhonda 10:15am Vinyasa JanMarie	3 7:00am Basic Jill 11:00am Easy Does It JanMarie 5:45pm Gentle Rhonda 7:00pm Basic Flow Rhonda	4 7:00am Healthy Back Rhonda 10:15am TC JanMarie	5 7:00am Yoga Mix Dayna 10:45 Iyenger Inspired JanMarie 12:20pm Chair JanMarie 6:45pm Yoga Mix JanMarie	6 7:00am Meditation/TC Dayna 10:15am Yin JanMarie	7 10:00am Gentle Marcia
8 1:30pm Chair/Meditation Jill	9 7:00am Slow Flow Meditation Rhonda 10:15am Vinyasa JanMarie	10 7:00am Basic Jill 11:00am Easy Does It JanMarie 5:45pm Gentle Rhonda 7:00pm Basic Flow Rhonda	11 7:00am Healthy Back Rhonda 10:15am TC JanMarie	12 7:00am Yoga Mix Dayna 10:45 Iyenger Inspired JanMarie 12:20pm Chair JanMarie 6:45pm Yoga Mix JanMarie	13 7:00am Meditation/TC Dayna 10:15am Yin JanMarie	14 10:00am Gentle Jill
15 1:30pm Chair/Meditation Jill	16 7:00am Slow Flow Meditation Rhonda 10:15am Vinyasa JanMarie	17 7:00am Basic Jill 11:00am Easy Does It JanMarie 5:45pm Gentle Marcia 7:00pm Basic Flow Marcia	18 7:00am Healthy Back Dayna 10:15am TC JanMarie	19 7:00am Yoga Mix Dayna 10:45 Iyenger Inspired JanMarie 12:20pm Chair JanMarie 6:45pm Yoga Mix JanMarie	20 7:00am Meditation/TC Dayna 10:15am Yin JanMarie	21 10:00am Gentle Marcia
22 1:30pm Chair/Meditation Jill	23 7:00am Slow Flow Meditation Jan Taylor 10:15am Vinyasa JanMarie	24 7:00am Basic Jill 11:00am Easy Does It JanMarie 5:45pm Gentle Marcia 7:00pm Basic Flow Marcia	25 7:00am Healthy Back Rhonda 10:15am TC JanMarie	26 7:00am Yoga Mix Dayna 10:45 Iyenger Inspired JanMarie 12:20pm Chair JanMarie 6:45pm Yoga Mix JanMarie	27 7:00am Meditation/TC Dayna 10:15am Yin JanMarie	28 10:00am Gentle Marcia
29 1:30pm Chair/Meditation Jill	30 7:00am Slow Flow Meditation Rhonda 10:15am Vinyasa JanMarie	31 7:00am Basic Jill 11:00am Easy Does It JanMarie 5:45pm Gentle Marcia 7:00pm Basic Flow Marcia				

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