



## March Class Schedule

<b>MONDAY</b>	<b>S</b>	8:30-9:15 AM	SCULPT 45	LESLIE
	<b>Z/S</b>	12-12:45 PM	SLOW FLOW 45	KATHY
	<b>S</b>	5:45-6:45 PM	MUSIC POWER VINYASA	KINILLE
	<b>Z/S</b>	7-8 PM	FLOW AND RESET	SHELLY
<b>TUESDAY</b>	<b>Z/S</b>	8:30-9:30 AM	JOURNEY INTO POWER	SARAH
	<b>Z/S</b>	5:30-6:30 PM	JOURNEY INTO POWER	MADDY
	<b>Z/S</b>	6:45-7:45 PM	SLOW FLOW	JENA
<b>WEDNESDAY</b>	<b>Z/S</b>	9:30-10:30 AM	SLOW FLOW TO YIN	JEN
	<b>S</b>	4-4:45 PM	YOGA EXPRESS	LESLIE
	<b>S</b>	5:30-6:15 PM	SCULPT 45	LESLIE
	<b>S</b>	6:30-7:30 PM	SLOW FLOW	JULIA
<b>THURSDAY</b>	<b>Z/S</b>	8:30-9:45 AM	POWER TO YIN	SARAH
	<b>Z/S</b>	5:30-6:30 PM	YOGA MUSIC FLOW	JULIA
	<b>Z/S</b>	7-8 PM	SLOW FLOW TO YIN	JULIA
<b>FRIDAY</b>	<b>Z/S</b>	6-6:45 AM	YOGA EXPRESS	GARY
	<b>S</b>	9:30-10:30 AM	BABY & ME (DONATION-BASED)	HALEY/MADDY
	<b>Z/S</b>	12-12:45 PM	SLOW FLOW 45	KATHY
	<b>Z/S</b>	6-7 PM	COMMUNITY CLASS (DONATION-BASED)	COMMUNITY TEACHER
	<b>Z/S</b>	7:15-8PM	YOGA NIDRA	JULIA/JESS
<b>SATURDAY</b>	<b>Z/S</b>	8-8:45 AM	YOGA MUSIC FLOW 45	ALEXANDRA
	<b>Z/S</b>	9-10 AM	POWER FLOW	SARAH
<b>SUNDAY</b>	<b>Z/S</b>	9-10 AM	YOGA MUSIC FLOW	RACHEL
	<b>Z/S</b>	4-5 PM	SLOW FLOW	ALEXANDRA
	<b>S</b>	5:15-6:15PM	PRENATAL YOGA	ALEXANDRA

**S = OFFERED IN-STUDIO**

**Z = OFFERED VIA ZOOM**