

# March

| <i>Sun</i>   | <i>Mon</i>  | <i>Tue</i>  | <i>Wed</i>  | <i>Thu</i>   | <i>Fri</i>   | <i>Sat</i>   |
|--|---|---|---|--|--|--|
|  |   |   |   |  | <b>1</b><br>9:00-Level 3-Randi<br>9:00-Med-Sandy<br>10:30-Level 1-Randi<br>10:30- Ageless/Gentle-Sandy                         | <b>2</b><br>9AM-Mixed Level-Kerry<br>9AM-Mindful-Mary<br>10:45-Better Breathing<br>Yoga-Chris      |
| <b>3</b><br>4:00-5:15-Restorative<br>Flow-Randi        | <b>4</b><br>9- Ageless Lev 1-Heather<br>10:30-Level 2-Kim<br>10:30- Ageless/Gentle-Sandy<br>6:00-Yin-JoRoyce<br>6:00- Gentle-Mary               | <b>5</b><br>9:00-Level 1-Randi<br>10:30-Level 3-Randi<br>10:30-Restore-Heather<br>5:00- Level 2 -Rodney<br>5:00-Level 1-Susan<br>6:30-VinYin-Rodney<br>6:30-Level 1&2-Susan                   | <b>6</b><br>9:00- Ageless Lev 1 -<br>JoRoyce<br>9:30-Yin-Erin<br>10:30-Gentle/Ageless-Carolyn<br>6:00-Flow 2&3-Randi      | <b>7</b><br>9:00-Level 2-Kim<br>9:15-Vinyasa Flow-Randi<br>10:30-Ageless Lev 1-Kim<br>11:00-Ageless Gentle-Carolyn (balls)<br>5-Level 2-Kerry<br>6:30-Level 1-Kerry                        | <b>8</b><br>9:00-Level 3-Liz<br>9:00-Restore/Med-Christina<br>10:30-Level 1-Christina (balls)<br>10:30- Ageless/Gentle-Carolyn | <b>9</b><br>9AM-Mixed Level-Brier<br>9AM-Mindful-Mary<br>10:30-6:30-200 Hr TT                      |
| <b>10</b><br>10:00-6:00-200 Hr TT                      | <b>11</b><br>9- Ageless Lev 1-Heather<br>10:30-Level 2-Sue<br>10:30- Ageless/Gentle-Carolyn (balls)<br>6:00-Yin-Mary Lou<br>6:00- Gentle-Louise | <b>12</b><br>9:00-Lev 1/Tibetan Rites-Kim<br>10:30-Level 3-Kerry<br>10:30-Restore-Heather<br>5:00- Level 2 -Rodney<br>5:00-Level 1-Debbie<br>6:30-VinYin-Brier<br>6:30-Level 1&2-Debbie       | <b>13</b><br>9:00- Ageless Lev 1-<br>Mary Lou<br>9:30-Yin-Linda<br>10:30-Gentle/Ageless-Mary Lou<br>6:00-Flow 2&3-Brier   | <b>14</b><br>9:00-Level 2-Debbie<br>9:15-Vinyasa Flow-Randi<br>10:30-Ageless Lev 1-Christina<br>11:00-Ageless Gentle-Carolyn<br>5-Level 2-GeGe<br>6:30-Level 1-GeGe                        | <b>15</b><br>9:00-Level 3-Randi<br>9:00-Med-Mary Lou<br>10:30-Level 1-Randi<br>10:30- Ageless/Gentle-Mary Lou                  | <b>16</b><br>9AM-Mixed Level-Kerry<br>9AM-Mindful-Mary Lou<br>10:45-Better Breathing<br>Yoga-Chris |
| <b>17</b>  | <b>18</b><br>9- Ageless Lev 1-Heather<br>10:30-Level 2-Randi<br>10:30- Ageless/Gentle-Carolyn<br>6:00-Yin-Brier<br>6:00- Gentle-Mary            | <b>19</b><br>9:00-Level 1-Christina<br>10:30-Level 3-Kerry<br>10:30-Restore-Heather<br>5:00- Level 2 -Rodney<br>5:00-Level 1-Susan<br>6:30-VinYin-Randi<br>6:30-Level 1&2-Susan               | <b>20</b><br>9:00- Ageless Lev 1 -<br>Mary Lou<br>9:30-Yin-Erin<br>10:30-Gentle/Ageless-Mary Lou<br>6:00-Flow 2&3-Kerry   | <b>21</b><br>9:00-Level 2-Louise<br>9:15-Vinyasa Flow-Randi<br>10:30-Ageless Lev 1-Carolyn<br>11:00-Ageless Gentle-Sandy<br>5-Level 2-Kerry<br>6:30-Level 1-Kerry<br>6:30-Sound Bath-Katie | <b>22</b><br>9:00-Level 3-Liz<br>9:00-Restore/Med-Christina<br>10:30-Level 1-Sue (balls)<br>10:30- Ageless/Gentle-Sandy        | <b>23</b><br>9AM-Mixed Level-Randi<br>9AM-Mindful-Jim<br>10:30-6:30-300 Hr TT                      |
| <b>24/31</b><br>24 <sup>th</sup> -10:00-6:00-300 Hr TT | <b>25</b><br>9- Ageless Lev 1-Kim<br>10:30-Level 2-Kim<br>10:30- Ageless/Gentle-Mary Lou<br>6:00-Yin-Mary Lou<br>6:00- Gentle-Sandy             | <b>26</b><br>9:00-Lev 1/Tibetan Rites-Kim<br>10:30-Level 3-Debbie<br>10:30-Restore-Heather<br>5:00- Level 2 -Kerry<br>5:00-Level 1-Christina<br>6:30-VinYin-Kerry<br>6:30-Level 1&2-Christina | <b>27</b><br>9:00- Ageless Lev 1 -<br>JoRoyce<br>9:30-Yin-Mary Lou<br>10:30-Gentle/Ageless-Carolyn<br>6:00-Flow 2&3-Brier | <b>28</b><br>9:00-Level 2-Debbie<br>9:15-Vinyasa Flow-Randi<br>10:30-Ageless Lev 1-Carolyn<br>11:00-Ageless Gentle-Sandy<br>5-Level 2-GeGe<br>6:30-Level 1-GeGe                            | <b>29</b><br>9:00-Level 3-Randi<br>9:00-Med-Mary Lou<br>10:30-Level 1-Randi<br>10:30- Ageless/Gentle-Carolyn                   | <b>30</b><br>9AM-Mixed Level-Liz<br>9AM-Mindful-Mary Lou   |

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