

March is the month of expectation.

~ Emily Dickinson

March2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(F) = Fitness Class (Y) = Yoga Class (E) = Event	<i>-Book your private with us.. -Personal Training / Assisted Stretching -Inversion Training -Reiki, etc.</i>				1 <i>Schedule your private between 5:30pm - 8pm</i>	2
3 <i>Hatha Flow 9am-10am</i>	4	5 (Y)Yin Yoga 6:00pm-7:00pm	6 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	7 (F)Flexibility Deep Dive 6:00pm-7:15pm	8 <i>Schedule your private between 5:30pm - 8pm</i>	9
10 <i>Hatha Flow 9am-10am</i>	11	12 <i>Chair Yoga 6:00pm-7:00pm</i>	13 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	14 (F)Flexibility Deep Dive 6:00pm-7:15pm	15 <i>Schedule your private between 5:30pm - 8pm</i>	16
17 <i>Hatha Flow 9am-10am</i>	18	19 (Y)Yin Yoga 6:00pm-7:00pm	20 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	21 (F)Flexibility Deep Dive 6:00pm-7:15pm	22 <i>Schedule your private between 5:30pm - 8pm</i>	23
24 <i>Hatha Flow 9am-10am</i>	25	26 <i>Chair Yoga 6:00pm-7:00pm</i>	27 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	28 (F)Flexibility Deep Dive 6:00pm-7:15pm	29 <i>Schedule your private between 5:30pm - 8pm</i>	30
31 <i>Hatha Flow 9am-10am</i>					Stop by for a detoxing dip in the sauna to relax and unwind. Call or text to book a time slot.	

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