

“There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.”
— Rachel Carson

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(F) = Fitness Class (Y) = Yoga Class (E) = Event			¹ (Y)Back to the Basics, Yoga 101 6:00pm-7:00pm	² (F)Flexibility Deep Dive 6:00pm-7:30pm	³ * Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	⁴ We are Closed!!
⁵ (Y)Hatha Flow 9am-10am (10:15am-4pm) or stop by for a dip in the sauna (8:30am-4pm).	⁶ (F)Open Studio (No Teacher) 6:00pm-7:30pm	⁷ (Y)Chair Yoga 6:00pm-7:00pm	⁸ (Y)Back to the Basics, Yoga 101 6:00pm-7:00pm	⁹ (F)Flexibility Deep Dive 6:00pm-7:30pm	¹⁰ * Schedule your private or stop by for a dip in the sauna between 530pm-8pm.	¹¹ We are Closed!!
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-Book your aerial private with us (Trapeze, Hammock, Olympic rings, Lyra) -Personal Training -Inversion Training -Reiki, etc.				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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