

"The best way to predict the future is to create it."

- Peter Drucker

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(F) = Fitness Class (Y) = Yoga Class (E) = Event						1
2 <i>(Y)Hatha Yoga 9:00am-10:00am</i>	3 <i>(F)Agni (Fire) 6:0pm - 6:45pm)</i>	4 <i>Chair Yoga 6:00pm-7:00pm</i>	5 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	6 <i>(F)Flexibility Deep Dive 6:00pm-7:15pm</i>	7	8
9 <i>(Y)Hatha Yoga 9:00am-10:00am</i>	10 <i>(F)Agni (Fire) 6:0pm - 6:45pm)</i>	11 <i>(Y)Yin Yoga 6:00pm-7:00pm</i>	12 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	13 <i>(F)Flexibility Deep Dive 6:00pm-7:15pm</i>	14	15
16 <i>(Y)Hatha Yoga 9:00am-10:00am</i>	17 <i>(F)Agni (Fire) 6:0pm - 6:45pm)</i>	18 <i>Chair Yoga 6:00pm-7:00pm</i>	19 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	20 <i>(F)Flexibility Deep Dive 6:00pm-7:15pm</i>	21	22
23 <i>(Y)Hatha Yoga 9:00am-10:00am</i>	24 <i>(F)Agni (Fire) 6:0pm - 6:45pm)</i>	25 <i>(Y)Yin Yoga 6:00pm-7:00pm</i>	26 <i>Back to the Basics, Yoga 101 6:00pm-7:00pm</i>	27 <i>(F)Flexibility Deep Dive 6:00pm-7:15pm</i>	28	29
30 <i>(Y)Hatha Yoga 9:00am-10:00am</i>	31				-Book your private with us.. -Personal Training / Assisted Stretching -Inversion Training -Massage / Sauna	

Website: Autumnmoonsyoga.com

1085 Eagle Lake Drive, Suite #3 Lawrenceburg Ky 40342

Email: Autumnmoonshealingyoga@gmail.com

Text Only: 859-265-1096 Call: 502-598-3009