

www.Yoga-One.co

March 2020

610-761-3620

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Level 3 (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Patti)	2 9:30 Level 2 (Dee) 11:00 Chair Yoga (Cyndi) 1:00 Chair to Mat (Beverly) 4:15 Slow Flow (Vicki) 5:45 Vinyasa Flow (Vicki) 7:00 Level 3 (Ken)	3 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Level 2 (Kamini) 5:45 Tai Chi 7:00 Basic 1 (Dee)	4 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Jen) 1:00 Basic 1 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Kim)	5 9:30 Slow Flow (Vicki) 4:15 Level 3 (Debi) 5:50 Basic 1 (Eileen) 7:15 Level 2 (Stu)	6 9:30 Level 3 (Vicki) 11:30 Yin/Restore (Brenda) 4:15 Level 2 (Beverly) 6pm First Friday Restorative (Beverly)	7 9:30 Vinyasa Flow (Beverly)
8 9:30 Level 3 (Ken) 11:00 Level 2 (Ken) 1:00 Basic 1 (Dee)	9 9:30 Level 2 (Dee) 11:00 Chair Yoga 1:00 Chair to Mat (Brenda) 4:15 Slow Flow (Vicki) 5:45 Vinyasa Flow (Vicki) 7:00 Level 3 (Ken)	10 9:30 Level 3 (Dee) 11:15 Basic 1 (Beverly) 4:15 Level 2 (Susanlee) 5:45 Tai Chi 7:00 Basic 1 (Dee)	11 9:30 Level 2 (Ellen) 11:00 Chair Yoga (Jen) 1:00 Basic 1 4:15 Level 3 (Vicki) 5:50 Level 2 (Patti) 7:15 Meditative Yoga (Kim)	12 9:30 Slow Flow (Vicki) 4:15 Level 3 (Debi) 5:50 Basic 1 (Roseann) 7:15 Level 2 (Stu)	13 Studio Closed	14 Studio Closed
15 Studio Closed	16 Studio Closed	17 Studio Closed	18 Studio Closed	19 Studio Closed	20 Studio Closed	21 Studio Closed
22 Studio Closed	23 Studio Closed	24 Studio Closed	25 Studio Closed	26 Studio Closed	27 Studio Closed	28 Studio Closed
29 Studio Closed	30 Studio Closed	31 Studio Closed	<div style="display: flex; justify-content: space-around;"> <div style="text-align: left;"> <p>Orange *</p> <p>Blue **</p> <p>Brown ***</p> </div> <div style="text-align: left;"> <p>Purple ****</p> <p>Green ****</p> <p>Red *****</p> </div> </div>			