

March - May 2026

Week Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 March	30 4:30-6:00 Basics Pop-Up	31 4:30 - 6:00 Level 2 Advanced	1 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace April	2 4:30 -6:00 Preliminary Course Dynamic	3	4 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
5	6 9:00-10:30 Basics Pop-Up	7 4:30 - 6:00 Level 2 Advanced	8 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	9 4:30 -6:00 Preliminary Course Dynamic	10	11 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
12	13 9:00-10:30 Basics Pop-Up	14 4:30 - 6:00 Level 2 Advanced	15 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	16 4:30 -6:00 Preliminary Course Dynamic	17	18 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
19	20 4:30-6:00 Basics Pop-up	21 4:30 - 6:00 Level 2 Advanced	22 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	23 4:30 -6:00 Preliminary Course Dynamic	24	25 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
26 9:00 - 11:30 Iyengar Yoga Odyssey \$25	27 4:30-6:00 Deep Stretch and Restore	28 4:30 - 6:00 Level 2 Advanced	29 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	30 4:30 -6:00 Preliminary Course Dynamic	1 May	2 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace