



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

MAR 1 MAR 2 MAR 3 MAR 4 MAR 5 MAR 6 MAR 7

9am
Vinyasa Flow

9am
Power Flow

10am
Slow Flow

10am
Slow Flow

10am
Vinyasa Flow

10:15am
Restorative/Yin
Fusion

11:30am
Mom & Baby
Post Natal Yoga
(pre-registered)

5:15pm
Vinyasa Flow

5:15pm
Restorative/Yin
Fusion

6pm
Slow Flow

6pm
Led Ashtanga
Primary Series
(pre-registered)

6pm
Slow Flow

6:30pm
Prenatal Yoga
(pre-registered)

7:30pm
Broga, Yoga for
Men

8pm
Vinyasa Flow

8pm
Slow Flow

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY