

March 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

KEY ● = NON-HEATED
BLANK SPOT=NO CLASS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FORREST FLOW 9AM
3 FLOW 9AM	4 INTERMEDIATE FLOW 5:30PM	5	6 ● YIN 4:30PM	7	8 FLOW 9AM
10 FLOW 9AM	11 INTERMEDIATE FLOW 5:30PM	12	13	14 ● SLOW FLOW 8AM	15 FLOW 9AM
17 FLOW 9AM	18 INTERMEDIATE FLOW 5:30PM	19	20	21 ● SLOW FLOW 8AM	22 FORREST FLOW 9AM
24 FLOW 9AM	25 INTERMEDIATE FLOW 5:30PM	26	27 ● YIN 4:30PM	28 ● SLOW FLOW 8AM	29 FLOW 9AM

Register online for updated schedule and cancellation notifications