

Floral City Yoga Center – March 2019 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:30 am Slow Flow- Liz 4:30 pm Restorative - Taylor 6:00 pm Gentle - Rebecca	2 11:00 am Gentle - Rebecca
3 Jim Red Sky Crystal Bowls Meditation 3:00 – 4:00pm	4 7:30 am Slow Flow- Taylor 4:30 pm Flow - Rebecca 6:00 pm Gentle – Rebecca	5 7:30 am Slow Flow- Taylor 4:30 pm Flow- Rebecca 6:00 pm Gentle – Rebecca	6 7:30 am Slow Flow- Taylor 4:30 pm Gentle Vin Yin - Amber 6:00 pm Slow Vin Yin – Amber	7 7:30 am Slow Flow - Taylor 4:30 pm Flow- Liz 6:00 pm Yin Stretch - Liz	8 7:30 am Slow Flow- Liz 4:30 pm Restorative - Taylor 6:00 pm Gentle - Taylor	9 11:00 am Gentle – Rebecca
10	11 7:30 am Slow Flow - Taylor 4:30 pm Flow- Rebecca 6:00 pm Gentle - Rebecca	12 7:30 am Slow Flow- Taylor 4:30 pm Flow- Rebecca 6:00 pm Gentle – Rebecca	13 7:30 am Slow Flow- Taylor 4:30 pm Gentle Vin Yin - Amber 6:00 pm Slow Vin Yin – Amber	14 7:30 am Slow Flow - Taylor 4:30 pm Flow- Liz 6:00 pm Yin Stretch - Liz	15 7:30 Slow Flow - Liz 4:30 pm Restorative - Taylor 6:00 pm Gentle - Rebecca	16 11:00 am Gentle - Rebecca
17	18 7:30 am Slow Flow - Taylor 4:30 pm Flow - Rebecca 6:00 pm Gentle - Rebecca	19 7:30 am Slow Flow- Taylor 4:30 pm Flow- Rebecca 6:00 pm Gentle – Rebecca	20 7:30 am Slow Flow- Taylor 4:30 pm Gentle Vin Yin - Amber 6:00 pm Slow Vin Yin – Amber	21 7:30 am Slow Flow - Taylor 4:30 pm Flow- Liz 6:00 pm Yin Stretch - Liz	22 7:30 am Slow Flow - Liz 4:30 pm Restorative - Taylor 6:00 pm Gentle – Rebecca	23 11:00 am Gentle – Rebecca
24 Community Class Benefiting Floral City Elementary 3:00 pm – 4:00 pm	25 7:30 am Slow Flow - Taylor 4:30 pm Flow - Rebecca 6:00 pm Gentle - Rebecca	26 7:30 am Slow Flow- Taylor 4:30 pm Flow- Rebecca 6:00 pm Gentle – Rebecca	27 7:30 am Slow Flow- Taylor 4:30 pm Gentle Vin Yin - Amber 6:00 pm Slow Vin Yin – Amber	28 7:30 am Slow Flow - Taylor 4:30 pm Flow- Liz 6:00 pm Yin Stretch - Liz	29 7:30 am Slow Flow - Liz 4:30 pm Restorative - Taylor 6:00 pm Gentle – Rebecca	30 11:00 am Gentle - Rebecca
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