

2019

MARCH

Please come to a class! Payment will be made directly to your teacher!

ELITE YOGA STUDIO

www.elitemassage.biz/elite-yoga-studio

701.297.8191

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
04 5:30PM - Chair Yoga (*)	05 9am Mixed Level Yoga 10:15am Mat Pilates (+)	06	07	08	09 10:30am Vinyasa Flow (*)	10 1pm Back, Core, Pelvic Floor (^) 5:30pm Chair Yoga (*)
11 12pm Mixed Yoga (+) 5:30PM - Chair Yoga (*)	12 10:15am Senior Fitness (+)	13 12pm Mat Pilates (+) 5:30pm Chair Yoga (*)	14	15	16	17 Mighty Myles Fundraiser 4-6pm 4pm Hatha Yoga (*) 5pm Holy Yoga (**)
18 12pm Mixed Yoga (+) 5:30PM - Chair Yoga (*)	19 10:15am Senior Fitness (+)	20 12pm Mat Pilates (+) 5:30pm Chair Yoga (*)	21	22	23	24
25 12pm Mixed Yoga (+) NO CHAIR TODAY 5:30pm	26 10:15am Senior Fitness (+)	27 12pm Mat Pilates (+) 5:30pm Chair Yoga (*)	28	29	30 9am - Yoga Flow (!)	31

More classes will be added each month! Put in your requested time for classes!

Teachers Key:

Kathy Underdahl (*) (\$10/Class)

Erin Walters (+) (\$10/Class)

Stephanie Scott (!) (\$7/Class)

Alicia Waldoch (**) (Suggested donation: \$10+/Class)

Norma Maxwell (**) (Suggested donation: \$10+/Class)

Becca Murphy (^) (Cost varies on class type)

Visit our website @ www.elitemassage.biz/elite-yoga-studio for up to date classes and announcements!

Please come to a class, no need to RSVP! Bring your mat if you have one! Payment will be made directly to your teacher!