



Eight Limbs Yoga – March Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8-9:15 am Ashtanga Half Primary 9:30-10:30 Happy Hips 11-12 FREE Community class – all level Hatha 6-7 pm Slow Sunday Flow 7:30-8:30 pm Yin/Restore Blend	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5:30-6:30 pm Vinyasa 7-8 pm Beginner Yoga	7:15-8 am Flow Ground & Grow 10-11 am Vinyasa 5-5:45 pm Yoga Build 6-7 pm Power Yoga 7:30-8:30 Candlelit Yin	7-8 am Morning Hatha 10-11 am Gentle Hatha 12-12:50 Pilates 5-5:45 pm Core Flow 6-7:30 pm Ashtanga	7:15-8 am Flow Ground & Grow 12-12:50 pm Detox Flow 5-5:45 pm Pilates 6-7 Beginner Tai-Chi 7:15-8:15 Tai-Chi	7-8 am Slow Flow 10-11 am Gentle Hatha 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Foundational Flow 11-12 Kids Yoga 1-3 Journey to Ashtanga
8	9	10	11	12	13	14
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15	16	17	18	19	20	21
8-9:15 am Ashtanga Half Primary 9:30-10:30 Happy Hips 6-7 pm Slow Sunday Flow 7:30-8:30 pm Yin/Restore Blend	10-11 am Gentle Hatha 12-12:50 pm Midday Hatha 5:30-6:30 pm Vinyasa 7-8 pm Beginner Yoga	7-8 am Rise & Shine 10-11 am Vinyasa 5-5:45 pm Yoga Build 6-7 pm Power Yoga 7:30-8:30 Candlelit Yin	7-8 am Morning Hatha 10-11 am Gentle Hatha 12-12:50 Pilates 5-5:45 pm Core Flow 6-7:30 pm Ashtanga	7-8 am Rise & Shine 12-12:50 pm Detox Flow 5-5:45 pm Pilates 6-7 Beginner Tai-Chi 7:15-8:15 Tai-Chi	7-8 am Slow Flow 10-11 am Gentle Hatha 6-7 pm Ashtanga Short Form	8-9 am Vinyasa 9:30-10:30 Foundational Flow
22	23	24	25	26	27	28
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29	30	31				
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