



March

www.yogaetcfalmouth.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Kelli 9:30-10:30 2 Slow Flow Yoga	Katy 8:30-9:30 Strengthen and Soothe Michelle 6:00-7:15 3 Kundalini Yoga	Kelli 9:30-10:30 4 Slow Flow Yoga & 12:00-1:00 Gentle Yoga Michelle 5:30-6:30 SloMo yoga	5	Michael 9:30- 10:30 6 Yoga for Strength and Alignment	7
8	Kelli 9:30-10:30 9 Slow Flow Yoga	Katy 8:30-9:30 Strengthen and Soothe Michelle 6:00-7:15 10 Kundalini	Kelli 9:30-10:30 11 Slow Flow Yoga & 12:00-1:00 Gentle Yoga Michelle 5:30-6:30 SloMo Yoga	12	Michael 9:30- 10:30 13 Yoga for Strength and Alignment	14
15	Kelli 9:30-10:30 16 Slow Flow Yoga	Katy 8:30-9:30 Strengthen & Soothe Michelle 6:00-7:15. 17 Kundalini yoga	Kelli 9:30-10:30 18 Slow Flow Yoga Michelle 5:30-6:30 SloMo Yoga	19	Michael 9:30- 10:30 20 Yoga for Strength and Alignment	21
22	Kelli 9:30-10:30 23 Slow Flow Yoga	Katy 8:30-9:30 Strengthen & Soothe Michelle 6:00-7:15 24 Kundalini Yoga	Kelli 9:30-10:30 Michelle 5:30-6:30 SloMo Yoga 25	26	Michael 9:30- 10:30 27 Yoga for Strength & Alignment	28
29	Kelli 9:30-10:30 30 Slow Flow Yoga	Katy 8:30-9:30 31 Strengthen & Soothe Michelle 6:00-7:15 Kundalini Yoga				