

March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
9:00-10:15am Gentle Flow Yoga 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga 6:00 - 7:00pm Yoga Nidra with Susan	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga 4:00-5:00pm Functional Fitness	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Intro. to Somatic Movement NO Flow Yoga
8	9	10	11	12	13
9:00-10:15am Gentle Flow Yoga 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga 4:00-5:00pm Functional Fitness	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Intro. to Somatic Movement 9:30-10:45am Flow Yoga
15	16	17	18	19	20
9:00-10:15am Gentle Flow Yoga 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga 4:00-5:00pm Functional Fitness	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Intro. to Somatic Movement 9:30-10:45am Flow Yoga
22	23	24	25	26	27
9:00-10:15am Gentle Flow Yoga 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	NO Chair Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga 4:00-5:00pm Functional Fitness 5:30 -6:30pm Honor Your Health Follow-up	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Intro. to Somatic Movement 9:30-10:45am Flow Yoga
29	30	31			
9:00-10:15am Gentle Flow Yoga 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga			