

March 2021

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
I	2	3	4	5	e
9:00-10:15am Gentle Flow Yoga	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	1:00 – 2:00pm	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Intro. to Somatic Movement
4:00-5:00pm Functional Fitness		Chair Yoga 6:00 - 7:00pm Yoga Nidra with Susan	4:00-5:00pm Functional Fitness		No now loga
8	9	10	11	12	1:
9:00-10:15am Gentle Flow Yoga 4:00-5:00pm	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	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Intro. to Somatic Movement 9:30-10:45am Flow Yoga
Functional Fitness		January 1982	Functional Fitness		
15	16	17	18	19	2
9:00-10:15am Gentle Flow Yoga	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	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Intro. to Somatic Movement 9:30-10:45am Flow Yoga
4:00-5:00pm Functional Fitness			4:00-5:00pm Functional Fitness		riow roga
22	23	24	25	26	2
9:00-10:15am Gentle Flow Yoga	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	9:00-10:00am Functional Fitness for Seniors	8:00-9:00am Intro. to Somatic Movement 9:30-10:45am Flow Yoga
4:00-5:00pm Functional Fitness			4:00-5:00pm Functional Fitness		
			5:30 -6:30pm Honor Your Health Follow- up		
29	30	31			
000 10 15	6:30-7:30am Functional Fitness				
9:00-10:15am Gentle Flow Yoga	9:00-10:15am Flow Yoga	1:00 – 2:00pm Chair Yoga			
4:00-5:00pm Functional Fitness					