



MARCH SCHEDULE 2023

MONDAY

10:00 – 11:15 FLOW FUSION
11:30 – 12:45 GENTLE **NEW CLASS
5:45 – 6:45 YOGA SHRED™ VINYASA
7:00 – 8:15 CORE & RESTORE

TUESDAY

9:00 – 10:15 POWER YOGA
10:30 – 11:30 SUPER STRETCH
4:00 – 5:15 HAPPY HIPS & BACK
5:30 – 6:30 YOGAJUANA
7:00 – 8:15 WARM FLOW FUSION

WEDNESDAY

9:00 – 10:15 SLOW FLOW & SOUND
10:30 – 11:30 WARM FLOW FUSION
5:45 – 7:00 YOGA FOR STRESS RELIEF
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

THURSDAY

9:00 – 10:15 HAPPY HIPS & BACK
10:30 – 11:45 GENTLE
5:30 – 6:45 GENTLE
7:00 – 8:15 WEIGHTLESS AERIAL YOGA

FRIDAY

9:30 – 10:45 TGIF YOGA
11:00 – 12:15 SUPER STRETCH
5:15 – 6:15 VINYASA
6:30 – 7:30 YOGAJUANA

SATURDAY

8:30 – 9:30 HOT YOGA
10:00 – 11:00 DEEP STRETCH – YIN YOGA
11:15 – 12:45 HEARTFUL HATHA YOGA

SUNDAY

10:00 – 11:15 WARM FLOW FUSION
12:00 – 1:15 DEEP STRETCH – YIN YOGA
6:00 – 7:15 CANDLELIT RELIEF & RESTORATIVE



Twice a week!
Tuesdays and Fridays

SPECIAL EVENTS

Yoga by the Stars
with Marion & Diane
Sunday, March 5th
Time: 2:00 – 4:00 pm
Cost: \$40

NEW CLASS!
Gentle with Marion
Mondays at 11:30 am
Starting March 6th

Sound Bath Meditation
with Diane & Francesca
Sunday, March 12th
Time: 4:30 – 5:30 pm
Cost: \$20

A Journey through the Chakras
with Special Guest,
Kelly Sues, Reiki Master
Sunday, March 26th
Time: 2:30 – 4:00 pm
Cost: \$30

Shrug Off Shoulder & Neck
Pain with Teri
Saturday, April 1st
Time: 1:30 – 3:30 pm
Cost: \$35

Intro to Kundalini Yoga
with Stephanie
Sunday, May 7th
Time: 3:00 – 5:00 pm
Cost: \$40
*RYTs receive 2 CEUs



*see website for registration links and details

