



## Schedule of Classes

### March

Time	Class	Teacher
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#### Monday

9:30 – 10:45 am	Strength	Aurora
11:30 - 12:30 pm	Gentle	Patsy
5:30- 6:30 pm	Hatha	Liza

#### Tuesday

9:00 – 10:00 am	Core	April
10:30 - 11:45 am	Hatha	Maribeth
3:30 – 4:30 pm	Gentle	Lisa
5:30 – 6:45 pm	Yin	Lisa

#### Wednesday

9:30 - 10:45 am	Mindful	Heidi H
5:30 – 6:30 pm	Hatha	Nathan
6:45 – 8:00 pm	Strength	Maribeth

#### Thursday

9:00 – 10:00 am	All Levels	Flea
10:30 - 11:45 am	Hatha	Maribeth
3:30 – 4:30 pm	Gentle	Maribeth
5:30 – 6:45 pm	Yin	Nathan

#### Friday

9:30 – 10:45 am	Alignment	LB
11:30 - 12:30 pm	Gentle	Heidi H
3:30 - 4:45 pm	De-stress	Celeste

#### Saturday

9:00 – 10:00 am	Stretch	Aurora
10:30 – 11:30 am	Energize	Aurora
12:00 – 1:15 pm	Iyengar	Anna

(starts 3/18)

#### Sunday

8:30 – 9:30 am	Stretch	LB
10:30 – 11:30 am	Yoga for Recovery	Celeste

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