



## Full Class Timetable - March, 2020

MARCH 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Mar	2	3	4	5	6	7
7:00AM HATHA Flow Yoga	5:30AM Monday Bootcamp	5:00AM REFORMER	5:30AM REFORMER	5:00AM REFORMER	5:30AM REFORMER	6:00AM REFORMER
9:00AM Restorative Yoga Teacher Training	5:30AM REFORMER	5:45AM RISE AND SHINE Yoga	5:30AM Wednesday Bootcamp	5:45AM RISE AND SHINE Yoga	5:30AM Friday Bootcamp	6:00AM Saturday Bootcamp
3:00PM RESTORATIVE Yoga/Yoga NIDRA	6:15AM Mat Pilates	9:15AM REFORMER	6:15AM REFORMER	9:15AM REFORMER	6:15AM REFORMER	6:45AM REFORMER
	6:15AM REFORMER	1:00PM REFORMER	6:15AM Mat Pilates	9:30AM Weekday L1 - 200hr Core Foundational Yoga Teacher Training	7:00AM REFORMER	6:45AM Mat Pilates
	7:00AM REFORMER	3:15PM Little Yogi's 5-9yrs HPSS Music Room	7:00AM REFORMER	3:30PM Little Yogis 5-9yrs	9:15AM REFORMER	7:30AM REFORMER
	9:15AM HATHA Yoga	5:45PM Hatha Flow / YIN Yoga	9:15AM HATHA Yoga	3:30PM Tween Girls Creative Yoga	1:00PM REFORMER	8:15AM HATHA Flow Yoga
	11:00AM Preschool Little Yogis	7:00PM REFORMER	3:30PM Family Yoga Class (Parents& Kids 5-15yrs) 6 week term	5:00PM REFORMER	3:45PM Teen Yoga for Empowering Girls	9:30AM Restorative Yoga Teacher Training
	3:30PM Little Warriors 5-10yrs		5:00PM REFORMER	5:45PM YIN Yoga		
	3:30PM Warriors 11-17yrs		5:30PM Family Yoga Class (Parents& Kids 5-15yrs) 6 week term	7:00PM Prenatal Yoga 6 week block		
	5:00PM REFORMER		5:45PM REFORMER			
	5:45PM REFORMER		6:30PM HATHA Yoga			
	6:30PM 4 Week Beginners Yoga Course		7:35PM YIN Yoga			
	7:30PM HATHA					

	Flow Yoga					
8	9	10	11	12	13	14
7:00AM HATHA Flow Yoga	5:30AM Monday Bootcamp	5:00AM REFORMER	5:30AM REFORMER	5:00AM REFORMER	5:30AM REFORMER	6:00AM REFORMER
8:30AM Yoga Nidra Yoga Teacher Training	5:30AM REFORMER	5:45AM RISE AND SHINE Yoga	5:30AM Wednesday Bootcamp	5:45AM RISE AND SHINE Yoga	5:30AM Friday Bootcamp	6:00AM Saturday Bootcamp
3:00PM RESTORATIVE Yoga/Yoga NIDRA	6:15AM Mat Pilates	9:15AM REFORMER	6:15AM REFORMER	9:15AM REFORMER	6:15AM REFORMER	6:45AM REFORMER
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	9:15AM HATHA Yoga	5:45PM Hatha Flow / YIN Yoga	9:15AM HATHA Yoga	5:00PM REFORMER	1:00PM REFORMER	8:15AM HATHA Flow Yoga
	11:00AM Preschool Little Yogis	7:00PM REFORMER	3:30PM Tween Girls Creative Yoga	5:45PM YIN Yoga	3:45PM Teen Yoga for Empowering Girls	
	3:30PM Little Warriors 5-10yrs		5:00PM REFORMER	7:00PM Prenatal Yoga 6 week block		
	3:30PM Warriors 11-17yrs		5:30PM Family Yoga Class (Parents& Kids 5-15yrs) 6 week term			
	5:00PM REFORMER		5:45PM REFORMER			
	5:45PM REFORMER		6:30PM HATHA Yoga			
	7:30PM HATHA Flow Yoga		7:35PM YIN Yoga			
15	16	17	18	19	20	21
7:00AM HATHA Flow Yoga	5:30AM Monday Bootcamp	5:00AM REFORMER	5:30AM REFORMER	5:00AM REFORMER	5:30AM REFORMER	6:00AM REFORMER
3:00PM RESTORATIVE Yoga/Yoga NIDRA	5:30AM REFORMER	5:45AM RISE AND SHINE Yoga	5:30AM Wednesday Bootcamp	5:45AM RISE AND SHINE Yoga	5:30AM Friday Bootcamp	6:00AM Saturday Bootcamp
	6:15AM Mat Pilates	9:15AM REFORMER	6:15AM REFORMER	9:15AM REFORMER	6:15AM REFORMER	6:45AM REFORMER

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	<p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>11:00AM Preschool Little Yogis</p> <p>3:30PM Little Warriors 5-10yrs</p> <p>3:30PM Warriors 11-17yrs</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>7:30PM HATHA Flow Yoga</p>	<p>1:00PM REFORMER</p> <p>3:15PM Little Yogi's 5-9yrs HPSS Music Room</p> <p>5:45PM Hatha Flow / YIN Yoga</p> <p>7:00PM REFORMER</p>	<p>6:15AM Mat Pilates</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>3:30PM Tween Girls Creative Yoga</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>6:30PM HATHA Yoga</p> <p>7:35PM YIN Yoga</p>	<p>9:30AM Weekday L1 - 200hr Core Foundational Yoga Teacher Training</p> <p>3:30PM Little Yogis 5-9yrs</p> <p>5:00PM REFORMER</p> <p>5:45PM YIN Yoga</p>	<p>7:00AM REFORMER</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p> <p>3:45PM Teen Yoga for Empowering Girls</p> <p>5:00PM 50hr Yin Yoga Teacher Training with Tara Fitzgibbon</p>	<p>6:45AM Mat Pilates</p> <p>7:30AM REFORMER</p> <p>8:15AM HATHA Flow Yoga</p> <p>9:30AM 50hr Yin Yoga Teacher Training with Tara Fitzgibbon</p>
22	23	24	25	26	27	28
<p>7:00AM HATHA Flow Yoga</p> <p>9:00AM 50hr Yin Yoga Teacher Training with Tara Fitzgibbon</p> <p>3:00PM RESTORATIVE Yoga/Yoga NIDRA</p>	<p>5:30AM Monday Bootcamp</p> <p>5:30AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>11:00AM Preschool Little Yogis</p> <p>3:30PM Little Warriors 5-10yrs</p>	<p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p> <p>3:15PM Little Yogi's 5-9yrs HPSS Music Room</p> <p>5:45PM Hatha Flow / YIN Yoga</p> <p>7:00PM REFORMER</p>	<p>5:30AM REFORMER</p> <p>5:30AM Wednesday Bootcamp</p> <p>6:15AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>3:30PM Tween Girls Creative Yoga</p> <p>5:00PM REFORMER</p>	<p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>9:30AM Weekday L1 - 200hr Core Foundational Yoga Teacher Training</p> <p>3:30PM Little Yogis 5-9yrs</p> <p>5:00PM REFORMER</p> <p>5:45PM YIN Yoga</p>	<p>5:30AM REFORMER</p> <p>5:30AM Friday Bootcamp</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p> <p>3:45PM Teen Yoga for Empowering Girls</p> <p>5:00PM 50hr Yin Yoga Teacher</p>	<p>6:00AM REFORMER</p> <p>6:00AM Saturday Bootcamp</p> <p>6:45AM REFORMER</p> <p>6:45AM Mat Pilates</p> <p>7:30AM REFORMER</p> <p>8:15AM HATHA Flow Yoga</p> <p>9:30AM 50hr Yin Yoga Teacher Training with Tara Fitzgibbon</p>

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	<p>3:30PM Warriors 11-17yrs</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>7:30PM HATHA Flow Yoga</p>		<p>5:45PM REFORMER</p> <p>6:30PM HATHA Yoga</p> <p>7:35PM YIN Yoga</p>		<p>Training with Tara Fitzgibbon</p>	
29	30	31	1 Apr	2	3	4
<p>7:00AM HATHA Flow Yoga</p> <p>9:00AM 50hr Yin Yoga Teacher Training with Tara Fitzgibbon</p> <p>3:00PM RESTORATIVE Yoga/Yoga NIDRA</p>	<p>5:30AM Monday Bootcamp</p> <p>5:30AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>11:00AM Preschool Little Yogis</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>7:30PM HATHA Flow Yoga</p>	<p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p> <p>5:45PM Hatha Flow / YIN Yoga</p> <p>7:00PM REFORMER</p>	<p>5:30AM REFORMER</p> <p>5:30AM Wednesday Bootcamp</p> <p>6:15AM REFORMER</p> <p>6:15AM Mat Pilates</p> <p>7:00AM REFORMER</p> <p>9:15AM HATHA Yoga</p> <p>5:00PM REFORMER</p> <p>5:45PM REFORMER</p> <p>6:30PM HATHA Yoga</p> <p>7:35PM YIN Yoga</p>	<p>5:00AM REFORMER</p> <p>5:45AM RISE AND SHINE Yoga</p> <p>9:15AM REFORMER</p> <p>9:30AM Weekday L1 - 200hr Core Foundational Yoga Teacher Training</p> <p>5:00PM REFORMER</p> <p>5:45PM YIN Yoga</p>	<p>5:30AM REFORMER</p> <p>5:30AM Friday Bootcamp</p> <p>6:15AM REFORMER</p> <p>7:00AM REFORMER</p> <p>9:15AM REFORMER</p> <p>1:00PM REFORMER</p>	<p>6:00AM REFORMER</p> <p>6:00AM Saturday Bootcamp</p> <p>6:45AM REFORMER</p> <p>6:45AM Mat Pilates</p> <p>7:30AM REFORMER</p> <p>8:15AM HATHA Flow Yoga</p>