





# March 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	630 AM Men's Yoga - Karolina 930 AM Hatha Yoga Flow - Melanie 12 PM Basics - Melanie 530 PM Just Stretch - Connie 630 PM Essential - Kristin	9 AM Pilates 10 AM Essential - Melanie 430 PM Pre-Natal Yoga - Connie 530 PM Teacher Training 530 PM Brahma Yoga - Connie	630 AM Sun Salutations - Melanie 930 AM Brahma Yoga - Connie 12 PM Basics - Staff 530 PM Essential - Connie 630 PM Mindful Moves - Becky	9 AM Pilates 10 AM Essential Yoga - Melanie 530 PM Brahma Yoga - Connie 630 PM Essential Warm Yoga - Lenka	930 AM Warm Yoga Flow - Melanie 1200 PM Bodywise 530 PM Essential - Lenka	9 AM Basics - Becky 1030 AM Hatha (Raja - active) - Connie
930 AM Oceanflow - Melanie 11 AM Essential - Melanie	630 AM Men's Yoga - Melanie 930 AM Hatha Yoga Flow - Melanie 12 PM Basics - Melanie 530 PM Just Stretch - Connie 630 PM Essential - Karolina	9 AM Pilates 10 AM Essential - Melanie 430 PM Pre-Natal Yoga - Connie 530 PM Teacher Training 530 PM Brahma Yoga - Connie	630 AM Sun Salutations - Melanie 930 AM Brahma Yoga - Connie 12 PM Basics - Staff 530 PM Essential - Connie 630 PM Mindful Moves - Becky	9 AM Pilates 10 AM Essential Yoga - Melanie 530 PM Brahma Yoga - Connie 630 PM Essential Warm Yoga - Lenka	930 AM Warm Yoga Flow - Melanie 1200 PM Bodywise 530 PM Essential - Lenka	9 AM Basics - Becky 1030 AM Hatha (Raja - active) - Melanie
930 AM Oceanflow - Karolina 11 AM Har Sharan Workshop	630 AM Men's Yoga - Melanie 930 AM Hatha Yoga Flow - Melanie 12 PM Basics - Melanie 530 PM Just Stretch - Connie 630 PM Essential - Karolina	9 AM Pilates 10 AM Essential - Melanie 430 PM Pre-Natal Yoga - Connie 530 PM Teacher Training 530 PM Brahma Yoga - Connie	630 AM Sun Salutations - Melanie 930 AM Brahma Yoga - Staff 12 PM Basics - Staff 530 PM Essential - Connie 630 PM Mindful Moves - Becky	9 AM Pilates 10 AM Essential Yoga - Karolina 530 PM Hatha Yoga Flow - Connie 630 PM Essential Warm Yoga - Lenka	930 AM Warm Yoga Flow - Melanie 1200 PM Bodywise 530 PM Essential - Lenka	9 AM Basics - Becky 1030 AM Hatha (Raja - active) - Melanie
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