



Yoga & Pilates Class Schedule March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
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4 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	5 Yoga-Pilates Sculpt 5:30-6:15am	6 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	7 Yoga-Pilates Sculpt 5:30-6:15am	8
11 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	12 Yoga-Pilates Sculpt 5:30-6:15am	13 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	14 Yoga-Pilates Sculpt 5:30-6:15am	15
18 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	19 Yoga-Pilates Sculpt 5:30-6:15am	20 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	21 Yoga-Pilates Sculpt 5:30-6:15am	22
25 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	26 Yoga-Pilates Sculpt 5:30-6:15am	27 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	28 Yoga-Pilates Sculpt 5:30-6:15am	29