



# MARCH SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*SERIES*</b></p> <p><b>beBASICS 2.0: Sculpt with Props</b> 2/24 – 3/17 + 3/5 – 26</p> <p><i>Please enroll on Mindbody</i></p>	<p><b>*SERIES*</b></p> <p><b>MAMA STRONG</b> 3/10 – 31</p> <p><b>GENTLE YOGA</b> 3/8 - 29</p>	<p><b>*NEW CLASSES*</b></p> <p>beSTRENGTH &amp; STRETCH</p> <p>ZEN POWER FLOW</p> <p>barreCORE (starts 3/24)</p>	<p><b>*PRIVATE TRAINING*</b></p> <p><i>Contact studio for availability</i></p>			<p>1</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:15AM Yoga for Beginners*</p>
<p>2</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>3</p> <p>9:30-10:20am beSTRENGTH&amp;STRETCH</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6pm beBASICS 2.0*</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>4</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30–7:30pm Candlelight Yoga</p>	<p>5</p> <p>9:30-10:30am barreEFFECT</p> <p>5-5:45pm beBASICS 2.0*</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8:15pm Zen Power Flow</p>	<p>6</p> <p>9:30-10:30am barreCORE</p> <p>5:30–6:20pm beSCULPT &amp; Stretch</p> <p>6:30–7:30pm Xen Strength Yoga</p>	<p>7</p> <p>9:30-10:30am cardioBARRE</p>	<p>8</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:30AM Gentle Flow Yoga*</p>
<p>9</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>10</p> <p>9:30-10:20am beSTRENGTH&amp;STRETCH</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6pm beBASICS 2.0*</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>11</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30–7:30pm Candlelight Yoga</p>	<p>12</p> <p>9:30-10:30am barreEFFECT</p> <p>5-5:45pm beBASICS 2.0*</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8:15pm Zen Power Flow</p>	<p>13</p> <p>9:30-10:30am barreCORE</p> <p>5:30–6:20pm beSCULPT &amp; Stretch</p> <p>6:30–7:30pm Xen Strength Yoga</p>	<p>14</p> <p>9:30-10:30am cardioBARRE</p>	<p>15</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:30AM Gentle Flow Yoga*</p>
<p>16</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am LUCKY CHARM YOGA</p>	<p>17 ST. PADDY'S DAY</p> <p>9:30-10:20am beSTRENGTH&amp;STRETCH</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6pm beBASICS 2.0*</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>18</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p>	<p>19</p> <p>9:30-10:30am barreEFFECT</p> <p>5-5:45pm beBASICS 2.0*</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8:15pm Zen Power Flow</p>	<p>20 1<sup>st</sup> Day of Spring!</p> <p>9:30-10:30am barreCORE</p> <p>5:30–6:20pm beSCULPT &amp; Stretch</p> <p>6:30–7:30pm Xen Strength Yoga</p>	<p>21</p> <p>9:30-10:30am cardioBARRE</p>	<p>22</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:30AM Gentle Flow Yoga*</p>
<p>23/30</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>24/31</p> <p>9:30-10:20am beSTRENGTH&amp;STRETCH</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6pm barreCORE</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>25</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30–7:30pm Candlelight Yoga</p>	<p>26</p> <p>9:30-10:30am barreEFFECT</p> <p>5-5:45pm beBASICS 2.0*</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8:15pm Zen Power Flow</p>	<p>27</p> <p>9:30-10:30am barreCORE</p> <p>5:30–6:20pm beSCULPT &amp; Stretch</p> <p>6:30–7:30pm Xen Strength Yoga</p>	<p>28</p> <p>9:30-10:30am cardioBARRE</p> <p><b>6 – 7:30pm</b> <b>*SPA YOGA*</b> <i>Restorative Event (separate fee applies)</i></p>	<p>29</p> <p>9:00-10:00am barreEFFECT</p> <p>10:30-11:30AM Gentle Flow Yoga*</p>