



## March 2024: Push, Spring, Open Guads and Backbends

Please keep abreast of your weekly schedule for any additional changes to our class times.

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Bustle Power Flow 10:00	2 One-Limbed Wonder 10:00	3 Lizard Crests 10:00
4 Strength Escaped Class 10:00	5 Bustle Into The Flow 10:00	6 LIVE Class 10:00-11:00 Jump Practice 10:00	7 LIVE Class 10:00-11:00 Strength Circuit 10:00	8 LIVE Class 10:00-11:00 Sprints/Low Flow 10:00	9 Sweet and Salty Yoga 10:00	10 Deep Reels 10:00
11 LIVE Class 10:00-11:00 Strength Escaped Class 10:00	12 LIVE Class 10:00-11:00 Low Flow 10:00	13 LIVE Class 10:00-11:00 Jump Practice 10:00	14 LIVE Class 10:00-11:00 Strength Circuit 10:00	15 LIVE Class 10:00-11:00 Sama Mosa Flow 10:00	16 LIVE Class 10:00-11:00 Sandy Tree Flow 10:00	17 Lizard Crests 10:00
18 LIVE Class 10:00-11:00 Strength Escaped Class 10:00	19 LIVE Class 10:00-11:00 Fire of the Heart Flow 10:00	20 LIVE Class 10:00-11:00 Jump Practice 10:00	21 LIVE Class 10:00-11:00 Strength Circuit 10:00	22 LIVE Class 10:00-11:00 Low Impact Flow 10:00	23 Sneaky with a Twist 10:00	24 Deep Reels 10:00
25 Strength Escaped Class 10:00	26 Push, Pull, Twist 10:00	27 Jump Practice 10:00	28 Strength Circuit 10:00	29 Roll, Pull, Lift 10:00	30 Round and Round Flow 10:00	31 Lizard Crests 10:00