

Practice: March 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 7p Matwork [Patrick]	3 7p Restorative Yoga [Annie]	4 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	5 12p-530p Intensive Reformer Course 530p 30 Minute Jumpboard Class [Leslie]	6 12p-530p Intensive Reformer Course	7 10a Matwork [Kitty] 11a-430p Intensive Reformer Course	8 9a-230p Intensive Reformer Course
9 7p Matwork [Patrick]	10 7p Restorative Yoga [Annie]	11 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	12 500p 30 Minute Jumpboard Class [Leslie]	13	14 10a Matwork [Kitty]	15
16 7p Matwork [TBA]	17 7p Restorative Yoga [Annie]	18 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	19 12p-530p Intensive Reformer Course 530p 30 Minute Jumpboard Class [Leslie]	20 12p-530p Intensive Reformer Course	21 10a Matwork [Kitty] 11a-430p Intensive Reformer Course	22 9a-230p Intensive Reformer Course
23 7p Matwork [Patrick]	24 7p Restorative Yoga [Annie]	25 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	26 500p 30 Minute Jumpboard Class [Leslie]	27 12p-530p Intensive Reformer Course	28 10a Matwork [Kitty] 11a-430p Intensive Reformer Course	29
30 7p Matwork [Patrick]	31 7p Restorative Yoga [Annie]					

EVENTS

PRACTICE
FITNESS FOR LIFE
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Class Changes:
Instructor Training courses
have now been added to
the calendar.

**The 5p Jumpboard Class
with Leslie will be at 530pm,
on March 5 and March 19,
immediately following the
Intensive Reformer course.**