



March 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9am - Balanced Body 10am - Pelvic Floor 6pm - Restorative Yoga	2 5:00pm - Buti Yoga 6:00 pm- Mat Pilates 7:00pm - Yoga for Trauma	3 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:30pm - Zumba 6:30pm - Barre	4 5:00pm - Mat Pilates 6pm - Yin/Yang Fusion with Guided Meditation	5 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:30 - Strength for Life w/weights 6:30 -Candlelit Yoga	6 7:00am - Pilates-HIIT Fusion	7 8am - Strength for Life with Weights 9:00 - Functional Mobility
8 4:30pm - Buti Flow 6pm - Restorative Yoga	9 4:30 - Pelvic Floor 5:30pm - Buti Yoga 6:30 pm- Mat Pilates	10 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:30pm - Pilates-HIIT Fusion 6:30pm - Mixtape Flow	11 4:30pm - Mat Pilates 5:30 - Kickboxing Sculpt 6:30 - Vibe	12 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:30 - Strength for Life w/weights 6:30 -Candlelit Yoga	13 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki	14 8am - Strength for Life with Weights 9:00 - Functional Mobility
15 9am - Balanced Body 10am - Pelvic Floor 12pm - Craft Day with Kathy 6pm - Restorative Yoga 7pm - Yoga for Trauma	16 5:30pm - Buti Yoga 6:30pm- Mat Pilates 6:30pm - Somatic Yoga	17 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 4:30pm - Mix Tape Flow 5:30pm - Zumba 6:30pm - Barre	18 4:30 - Mat Pilates 5:30pm - Balanced Body 6:30 pm- Restorative Yoga	19 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:30 - Strength for Life w/weights 6:30 -Candlelit Yoga	20 7:00am - Pilates-HIIT Fusion 9:30am -Mindful movement w/Reiki	21 8am - Strength for Life with Weights 9:00 - Functional Mobility
22 9:30am - Root to Rise 6pm - Restorative Yoga	23 5:30pm - Chair Yoga 6:30pm- Strength for Lie w/weights	24 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 5:30pm - Zumba 6:30pm - Barre	25 5:30 - Kickboxing Sculpt 6:30 - Vibe	26 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:30 - Strength for Life w/weights 6:30 -Candlelit Yoga	27 9:30am -Mindful movement w/Reiki	28 8am - Strength for Life with Weights 9:00 - Functional Mobility
29 6pm - Restorative Yoga 7pm - Yoga for Trauma	30 4:30 - Pelvic Floor 5:30pm - Buti Yoga 6:30 pm- Mat Pilates	31 6:30am - Morning Dance Party Wake up 12pm - Chair Yoga 6:00pm - Restorative Yoga with Reiki and Massage Event		= special event	First class free Use code: FIRSTFREE	