

Mystic Moonlight Yoga - March 2023

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
For more info, check our website mysticmoonlightyoga.com , text Alex at (814) 279-8767 or email alexhowlettyoga@gmail.com				10 am Gentle Stretch/Yoga		
			5:30 pm Yoga 101 -Bobbie	-Cyndy @ Lake Stonycreek		
				5 pm Mat Pilates - Bobbie		
				6 pm Buti Yoga -Alex		
				7:15 Gentle Yoga -Alex		
5	6	7	8	9	10	11
		10 am Strength Building		10 am Gentle Stretch/Yoga		
		Yoga Flow with Alex	5:30 pm Yoga 101 -Bobbie	-Cyndy @ Lake Stonycreek		
	6 pm Gentle Yoga - Alex	5:30 pm Gentle Stretch/Yoga		5 pm Mat Pilates - Bobbie		
		-Cyndy @ Lake Stonycreek		6 pm Buti Yoga -Alex		
		6 pm Standing Pilates -Bobbie		7:15 Gentle Yoga -Alex		
		7:15 Strength+Stretch - Alex				
12	13	14	15	16	17	18
		10 am Strength Building		10 am Gentle Stretch/Yoga		
		Yoga Flow with Alex	5:30 pm Yoga 101 -Bobbie	-Cyndy @ Lake Stonycreek		
	6 pm Gentle Yoga - Alex	5:30 pm Gentle Stretch/Yoga		5 pm Mat Pilates - Bobbie		
		-Cyndy @ Lake Stonycreek		6 pm Buti Yoga -Alex		
		6 pm Standing Pilates -Bobbie		7:15 Gentle Yoga -Alex		
		7:15 Strength+Stretch - Alex				
19	20	21	22	23	24	25
		10 am Strength Building		10 am Gentle Stretch/Yoga		
		Yoga Flow with Alex	5:30 pm Yoga 101 -Bobbie	-Cyndy @ Lake Stonycreek		
	6 pm Gentle Yoga - Alex	5:30 pm Gentle Stretch/Yoga		5 pm Mat Pilates - Bobbie		
		-Cyndy @ Lake Stonycreek		6 pm Buti Yoga -Alex		
		6 pm Standing Pilates -Bobbie		7:15 Gentle Yoga -Alex		
		7:15 Strength+Stretch - Alex				
26	27	28	29	30	31	
		10 am Strength Building		10 am Gentle Stretch/Yoga		
		Yoga Flow with Alex	5:30 pm Yoga 101 -Bobbie	-Cyndy @ Lake Stonycreek		
	6 pm Gentle Yoga - Alex	5:30 pm Gentle Stretch/Yoga		5 pm Mat Pilates - Bobbie		
		-Cyndy @ Lake Stonycreek		6 pm Buti Yoga -Alex		
		6 pm Standing Pilates -Bobbie		7:15 Gentle Yoga -Alex		
		7:15 Strength+Stretch - Alex				