

Mystic Moonlight Yoga - March 2024

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Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Bobbie	6 pm Buti Yoga - Alex		
	-Bobbie	6 pm Gentle Yoga - Alex		7:15 Gentle Yoga - Alex		
		7:15 Strength+Stretch - Alex				
10	11	12	13	14	15	16
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Bobbie	6 pm Buti Yoga - Alex		
	-Bobbie	6 pm Gentle Yoga - Alex		7:15 Gentle Yoga - Alex		
		7:15 Strength+Stretch - Alex				
17	18	19	20	21	22	23
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
	6 pm Weighted Pilates	5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	-Bobbie	@ Lake Stonycreek	- Bobbie	6 pm Buti Yoga - Alex		
		6 pm Gentle Yoga - Alex		7:15 Gentle Yoga - Alex		
		7:15 Strength+Stretch - Alex				
24	25	26	27	28	29	30
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
	6 pm Weighted Pilates	5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	-Bobbie	@ Lake Stonycreek	- Bobbie	6 pm Buti Yoga - Alex		
		6 pm Gentle Yoga - Alex		7:15 Gentle Yoga - Alex		
		7:15 Strength+Stretch - Alex				
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