

# YOGA ✦ MUSE

## ON THE MAT THIS MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice	8:15 YM sculpt 9:30 root practice	7:00 rise&shine 9:30 dynamic practice	8:15 dynamic practice 9:30 mat Pilates	7:00 rise & shine 9:30 dynamic practice	8:15 dynamic practice 9:30 root practice	8:30 dynamic practice 9:45 <b>Prenatal Yoga</b> 11:00 peak practice
6:00 intro to yoga 7:30 rest & reflect	4:30 dynamic practice 6:15 root practice 7:30 stretch lab	4:15 supported Pilates 5:15 mat Pilates 6:15 classical Pilates 7:30 root practice	6:30 YM sculpt 7:30 dynamic practice	4:30 yoga en español 6:15 dynamic practice 7:30 stretch lab	6:15 root practice 7:30 rest&reflect	12:15 root practice 2:00 regulate to heal
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice	8:15 YM sculpt 9:30 root practice	7:00 rise&shine 9:30 dynamic practice	8:15 dynamic practice 9:30 mat Pilates 11:00 root practice	7:00 rise & shine 9:30 dynamic practice	8:15 dynamic practice 9:30 root practice	8:30 dynamic practice 9:45 <b>Prenatal Yoga</b> 11:00 peak practice
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<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
8:30 mat Pilates 9:45 intro to Pilates 11:00 dynamic practice	8:15 YM sculpt 9:30 root practice	7:00 rise&shine 9:30 dynamic practice	8:15 dynamic practice 9:30 mat Pilates 11:00 root practice	7:00 rise & shine 9:30 dynamic practice	8:15 dynamic practice 9:30 root practice	<i>No early morning classes</i>
6:00 intro to yoga 7:30 rest & reflect	4:30 dynamic practice 6:15 root practice 7:30 stretch lab	4:15 supported Pilates 5:15 mat Pilates 6:15 classical Pilates 7:30 root practice	6:30 YM sculpt 7:30 dynamic practice	4:30 yoga en español 6:15 dynamic practice 7:30 stretch lab	6:15 root practice 7:30 rest&reflect	11:00 peak practice 12:15 root practice
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
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<b>29</b>	<b>30</b>	<b>31</b>				
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