

YOGA ✦ MUSE

ON THE MAT THIS MARCH

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