

YOGA SANCTUARY **March 2020**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 1000 Original Hot - Kelsey 415 Detox Yoga - Holly	2 900 Hot Flow - Lisa 1030 Yoga For Athletes - Lisa 530 Hot Buti Yoga - Holly 715 Original Hot - Sarah	3 900 Original Hot -Leilani 415 Original Hot - Ashley 715 Candlelight Yin - Warren	4 900 Hot Sculpt & Stretch - Lisa 415 Roll & Release - Brittney 530 Hot Flow - Brittney 715 Original Hot - Alexa	5 900 Original Hot - Lisa 415 Original Hot - Leilani 530 Hot Flow -Sarah 715 Roll & Release - Sarah	6 900 Yoga Detox – Leilani 75min 415 Hot Flow - Leilani	7 900 Hot Buti Yoga- Holly 415 -Original Hot - Lisa
8 1000 Original Hot - Kelsey 415 Detox Yoga - Holly	9 900 Hot Flow - Jen 530 Hot Buti Yoga - Holly 715 Original Hot - Sarah	10 900 Original Hot -Leilani 415 Original Hot - Ashley 715 Candlelight Yin - Warren	11 900 Hot Sculpt & Stretch - Jennifer 415 Roll & Release - Brittney 530 Hot Flow - Brittney 715 Original Hot - Alexa	12 900 Original Hot - Sarah 415 Original Hot - Leilani 530 Hot Flow -Sarah 715 Roll & Release - Sarah	13 900 Yoga Detox – Leilani 75min 415 Hot Flow - Ashley	14 900 Hot Buti Yoga- Holly 415 -Original Hot - Jenna
15 1000 Original Hot - Kelsey 415 Detox Yoga - Holly	16 900 Hot Flow - Jen 530 Hot Buti Yoga - Holly 715 Original Hot - Sarah	17 900 Original Hot -Leilani 415 Original Hot - Ashley 715 Candlelight Yin - Warren	18 900 Hot Sculpt & Stretch - Jennifer 415 Roll & Release - Lisa 530 Hot Flow - Brittney 715 Original Hot - Alexa	19 900 Original Hot - Lisa 415 Original Hot - Jennifer 530 Hot Flow - Sarah 715 Roll & Release - Sarah	20 900 Yoga Detox – Jen 75min 415 Hot Flow - Ashley	21 900 Hot Buti Yoga- Holly 415 - Original Hot - Ashley
22 1000 Original Hot - Kelsey 415 Detox Yoga - Holly	23 900 Hot Flow - Lisa 530 Hot Buti Yoga - Holly 715 Original Hot - Sarah	24 900 Original Hot - Ashley 415 Original Hot - Ashley 715 Candlelight Yin - Warren	25 900 Hot Sculpt & Stretch - Lisa 415 Roll & Release - Lisa 530 Hot Flow - Brittney 715 Original Hot - Alexa	26 900 Original Hot - Lisa 415 Original Hot - Leilani 530 Hot Flow -Sarah 715 Roll & Release - Sarah	27 900 Yoga Detox – Leilani 75min 415 Hot Flow - Jen	28 900 Hot Flow - Holly 415 - Original Hot - Leilani
29 1000 Original Hot - Kelsey 415 Detox Yoga - Holly	30 900 Hot Flow - Lisa 530 Hot Buti Yoga - Holly 715 Original Hot - Sarah	31 900 Original Hot- Leilani 415 Original Hot - Ashley 715 Candlelight Yin - Warren				

