

# MARCH 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Yin/Yoga Nidra (Mindy) 11 am YTT 300	2 Funky Flow (Mindy) 10 am Vinyasa Flow (Sarah) 6:10 pm YTT 300	3 Morning Flow (Martha) 10 am Lengthen and Strengthen 6:10 pm (Martha)	4 no classes	5 Power Slow Flow (Danna) 10 am Workday Wind Down (Danna) 6:10 pm	6 no classes	7 Vinyasa Flow (Mandy) 10 am	
8 Restorative (Mandy) 11 am	9 Vinyasa Flow (Sarah) 6:10 pm	10 Morning Flow (Martha) 10 am Lengthen and Strengthen 6:10 pm (Martha)	11 Kundalini (Mindy) 8 am Vinyasa Flow (Mandy) 10 am Slow Flow (Callie) 6:10 pm	12 Power Slow Flow (Danna) 10 am Workday Wind Down (Danna) 6:10 pm	13 no classes	14 Teacher Audition Yin (Kris) 10 am	
15 Restorative (Danna) 11 am	16 Vinyasa Flow (Sarah) 6:10 pm	17 Morning Flow (Martha) 10 am Lengthen and Strengthen 6:10 pm (Martha)	18 Kundalini (Mindy) 8 am Vinyasa Flow (Mandy) 10 am Alignment (Mindy) 6:10 pm	19 Power Slow Flow (Danna) 10 am Workday Wind Down (Danna) 6:10 pm	20 Kundalini (Mindy) 8 am Yoga Basics (Mindy) 10 am	21 Vinyasa Flow (Mandy) 10 am	
22 Restorative (Mandy) 11 am	23 Vinyasa Flow (Sarah) 6:10 pm	24 Morning Flow (Martha) 10 am Lengthen and Strengthen 6:10 pm (Martha)	25 Kundalini (Mindy) 8 am Vinyasa Flow (Mandy) 10 am Slow Flow (Callie) 6:10 pm	26 Power Slow Flow (Danna) 10 am Workday Wind Down (Danna) 6:10 pm	27 Kundalini (Mindy) 8 am Yoga Basics (Mindy) 10 am YTT 300	28 Slow Flow (Mindy) 10 am YTT 300	
29 Yin/Yoga Nidra (Mindy) 11 am YTT 300	30 Vinyasa Flow (Sarah) 6:10 pm	31 Morning Flow (Martha) 10 am Lengthen and Strengthen 6:10 pm (Martha)	www.ngyoga.com 706 482 0090				