



Phone: 845-477-5322

Online: <http://www.GreenwoodLakeYoga.com>

Facebook & Instagram: @GreenwoodLakeYoga

# March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<b>Vinyasa Yoga</b> 9am – 10am <b>Sound Meditation</b> 10:15am – 10:45am <b>Beginner Yoga Flow</b> 11am – 12pm <b>Restorative Yoga</b> 4:30pm – 5:30pm <b>Prenatal Yoga</b> 5:45pm – 6:45pm	<b>Yoga Bootcamp</b> 9am – 10am <b>Gentle Yoga and Meditation</b> 10:30am – 11:30am  <b>Gentle Flow &amp; Restore</b> 6:30pm – 7:45pm <b>Candle-LIT Power Flow</b> 8pm – 9pm	<b>Vinyasa Yoga</b> 5:45pm – 6:45pm <b>Beginner Yoga</b> 7pm – 8pm	<b>Slow Flow</b> 8am–9am  <b>Kid's Yoga</b> 4:30pm – 5:30pm <b>Vinyasa</b> 5:45pm – 6:45pm <b>Kundalini Yoga</b> 7pm – 8:30pm	<b>Yoga and Meditation</b> 11am – 12am  <b>Vinyasa Yoga</b> 6:30pm – 7:30 <b>Pilates</b> 8pm – 9pm	<b>Beginner Yoga</b> 9:30am – 10:30am  <b>Happy Hour Yoga</b> 6pm – 7pm <b>Yin Yoga</b> 7:30pm -8:30pm	<b>All Levels Yoga</b> 9am – 10am <b>Align and Flow</b> 10:15am – 11:30am <b>Pilates</b> 12pm – 1pm  <b>Goddess Circle</b> 5pm – 6:30pm
8	9	10	11	12	13	14
<b>Vinyasa Yoga</b> 9am – 10am <b>Meditation</b> 10:15am – 10:45am <b>Beginner Yoga Flow</b> 11am – 12pm <b>Restorative Yoga</b> 4:30pm – 5:30pm <b>Prenatal Yoga</b> 5:45pm – 6:45pm	<b>Yoga Bootcamp</b> 9am – 10am <b>Gentle Yoga and Meditation</b> 10:30am – 11:30am  <b>Gentle Flow &amp; Restore</b> 6:30pm – 7:45pm <b>Candle-LIT Power Flow</b> 8pm – 9pm	<b>Vinyasa Yoga</b> 5:45pm – 6:45pm <b>Beginner Yoga</b> 7pm – 8pm	<b>Slow Flow</b> 8am–9am  <b>Kid's Yoga</b> 4:30pm – 5:30pm <b>Vinyasa Yoga</b> 5:45pm – 6:45pm	<b>Yoga and Meditation</b> 11am – 12am  <b>Vinyasa Yoga</b> 6:30pm – 7:30pm <b>Pilates</b> 8pm – 9pm	<b>Beginner Yoga</b> 9:30am – 10:30am  <b>Happy Hour Yoga</b> 6pm – 7pm <b>Yin Yoga</b> 7:30pm -8:30pm	<b>All Levels Yoga</b> 9am – 10am <b>Align and Flow</b> 10:15am – 11:30am <b>Pilates</b> 12pm – 1pm  <b>Community Yoga</b> 1:15pm – 2:15pm
15	16	17	18	19	20	21
<b>Vinyasa Yoga</b> 9am – 10am <b>Sound Meditation</b> 10:15am – 10:45am <b>Beginner Yoga Flow</b> 11am – 12pm <b>Restorative Yoga</b> 4:30pm – 5:30pm <b>Prenatal Yoga</b> 5:45pm – 6:45pm	<b>Yoga Bootcamp</b> 9am – 10am <b>Gentle Yoga and Meditation</b> 10:30am – 11:30am  <b>Gentle Flow &amp; Restore</b> 6:30pm – 7:45pm <b>Candle-LIT Power Flow</b> 8pm – 9pm	<b>Vinyasa Yoga</b> 5:45pm – 6:45pm <b>Beginner Yoga</b> 7pm – 8pm	<b>Slow Flow</b> 8am–9am  <b>Kid's Yoga</b> 4:30pm – 5:30pm <b>Vinyasa Yoga</b> 5:45pm – 6:45pm <b>Kundalini Yoga</b> 7pm – 8:30pm	<b>Yoga and Meditation</b> 11am – 12am  <b>Vinyasa Yoga</b> 6:30pm – 7:30pm <b>Pilates</b> 8pm – 9pm	<b>Beginner Yoga</b> 9:30am – 10:30am  <b>Happy Hour Yoga</b> 6pm – 7pm <b>Yin Yoga</b> 7:30pm -8:30pm	<b>All Levels Yoga</b> 9am – 10am <b>Align and Flow</b> 10:15am – 11:30am <b>Pilates</b> 12pm – 1pm
22	23	24	25	26	27	28
<b>Vinyasa Yoga</b> 9am – 10am <b>Meditation</b> 10:15am – 10:45am <b>Beginner Yoga Flow</b> 11am – 12pm <b>Yin, Restorative, &amp; Reiki</b> 3pm – 5pm <b>Prenatal Yoga</b> 5:45pm – 6:45pm	<b>Yoga Bootcamp</b> 9am – 10am <b>Gentle Yoga and Meditation</b> 10:30am – 11:30am  <b>Gentle Flow &amp; Restore</b> 6:30pm – 7:45pm <b>Candle-LIT Power Flow</b> 8pm – 9pm	<b>Vinyasa Yoga</b> 5:45pm – 6:45pm <b>Beginner Yoga</b> 7pm – 8pm	<b>Slow Flow</b> 8am–9am  <b>Kid's Yoga</b> 4:30pm – 5:30pm <b>Vinyasa Yoga</b> 5:45pm – 6:45pm <b>Kundalini Yoga</b> 7pm – 8:30pm	<b>Yoga and Meditation</b> 11am – 12am  <b>Vinyasa Yoga</b> 6:30pm – 7:30pm <b>Pilates</b> 8pm – 9pm	<b>Beginner Yoga</b> 9:30am – 10:30am  <b>Happy Hour Yoga</b> 6pm – 7pm <b>Yin Yoga</b> 7:30pm -8:30pm	<b>All Levels Yoga</b> 9am – 10am <b>Align and Flow</b> 10:15am – 11:30am <b>Pilates</b> 12pm – 1pm  <b>Belly Dancing Night</b> 5pm – 6:30pm
29	30	31				
<b>Vinyasa Yoga</b> 9am – 10am <b>Sound Meditation</b> 10:15am – 10:45am <b>Beginner Yoga Flow</b> 11am – 12pm <b>Restorative Yoga</b> 4:30pm – 5:30pm <b>Prenatal Yoga</b> 5:45pm – 6:45pm	<b>Yoga Bootcamp</b> 9am – 10am <b>Gentle Yoga and Meditation</b> 10:30am – 11:30am  <b>Gentle Flow &amp; Restore</b> 6:30pm – 7:45pm <b>Candle-LIT Power Flow</b> 8pm – 9pm	<b>Vinyasa Yoga</b> 5:45pm – 6:45pm <b>Beginner Yoga</b> 7pm – 8pm	<b>Slow Flow</b> 8am–9am  <b>Kid's Yoga</b> 4:30pm – 5:30pm <b>Vinyasa Yoga</b> 5:45pm – 6:45pm	<b>Yoga and Meditation</b> 11am – 12am  <b>Vinyasa Yoga</b> 6:30pm – 7:30pm <b>Pilates</b> 8pm – 9pm	<b>Beginner Yoga</b> 9:30am – 10:30am  <b>Happy Hour Yoga</b> 6pm – 7pm <b>Yin Yoga</b> 7:30pm -8:30pm	<b>All Levels Yoga</b> 9am – 10am <b>Align and Flow</b> 10:15am – 11:30am <b>Pilates</b> 12pm – 1pm