


Modern Yogi March Schedule

@ Modern Health Chiropractic & Wellness
\$40 1-Month Unlimited Yoga Access for new yogis! To sign up please RSVP next to your desired class on our website!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 NO CLASS TODAY	6 Hatha Flow 7:30am-8:15am Gentle Flow 6:30pm-7:30pm	7 Power Hour 5:45pm-6:45pm	8	9	10
11	12 Noon Hour Stretch 12:30pm-1:15pm	13 Hatha Flow 7:30am-8:15am Gentle Flow 6:30pm-7:30pm	14 Power Hour 5:45pm-6:45pm	15	16	17
18	19 Noon Hour Stretch 12:30pm-1:15pm	20 Hatha Flow 7:30am-8:15am Gentle Flow 6:30pm-7:30pm	21 Power Hour 5:45pm-6:45pm	22	23	24
25	26 Noon Hour Stretch 12:30pm-1:15pm	27 Hatha Flow 7:30am-8:15am Gentle Flow 6:30pm-7:30pm	28 Power Hour 5:45pm-6:45pm	29	30	31