

## March / April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b> 9:00 Gentle Yoga (Todd) 10:15 Restorative Yoga (Todd)	<b>23</b> 9:00 Relax and Flow (Heather) 10:15 Yin/Restorative (Heather) 11:30 Yoga for Healthy Aging (Todd) 5:30 Strength & Balance(Todd)	<b>24</b> 9:00 Gentle Yoga (Lynne) 10:15 Yoga & TRX (Lynne) 5:30 Restorative Yoga (Todd)	<b>25</b> 9:00 Gentle Yoga (Todd) 10:15 Flow (Todd) 11:30 Yin Yoga (Todd) 5:30 TRX & More (Lynne)	<b>26</b> 9:00 Yoga & TRX (Lynne) 10:15 Balance, Posture & Core Yoga (Lynne) 11:30 Slow Flow with Yin (Todd) 5:30 Restorative Yoga (Todd)	<b>27</b> 9:00 Restorative (Todd) 10:15 Gentle Yoga (Todd)	<b>28</b> 9:00 Relax & Flow (Heather) 10:15 Restorative Yoga (Heather) 4:00 Yoga for Healthy Aging (Todd)
<b>29</b> 9:00 Gentle Yoga (Todd) 10:15 Restorative Yoga (Todd)	<b>30</b> 9:00 Relax and Flow (Heather) 10:15 Yin/Restorative (Heather) 11:30 Yoga for Healthy Aging (Todd) 5:30 Strength & Balance(Todd)	<b>31</b> 9:00 Gentle Yoga (Lynne) 10:15 Yoga & TRX (Lynne) 5:30 Restorative Yoga (Todd)	<b>1</b> 9:00 Gentle Yoga (Todd) 10:15 Flow (Todd) 11:30 Yin Yoga (Todd) 5:30 TRX & More (Lynne)	<b>2</b> 9:00 Yoga & TRX (Lynne) 10:15 Balance Posture & Core Yoga (Lynne) 11:30 Slow Flow with Yin (Todd) 5:30 Restorative Yoga (Todd)	<b>3</b> 9:00 Restorative (Todd) 10:15 Gentle Yoga (Todd)	<b>4</b> 9:00 Relax & Flow (Heather) 10:15 Restorative Yoga (Heather) 4:00 Yoga for Healthy Aging (Todd)
<b>5</b> 9:00 Gentle Yoga (Todd) 10:15 Restorative Yoga (Todd) 2:30-4pm PHYSICAL BODY/SUBTLE BODY: a Workshop (Todd & Heather) \$29	<b>6</b> 9:00 Relax and Flow (Heather) 10:15 Yin/Restorative (Heather) 11:30 Yoga for Healthy Aging (Todd) 5:30 Strength & Balance(Todd)	<b>7</b> 9:00 Gentle Yoga (Lynne) 10:15 Yoga & TRX (Lynne) 5:30 Restorative Yoga (Todd)	<b>8</b> 9:00 Gentle Yoga (Todd) 10:15 Flow (Todd) 11:30 Yin Yoga (Todd) 5:30 TRX & More (Lynne)	<b>9</b> 9:00 Yoga & TRX (Lynne) 10:15 Balance Posture & Core Yoga (Lynne) 11:30 Slow Flow with Yin (Todd) 5:30 Restorative Yoga (Todd)	<b>10</b> 9:00 Restorative (Todd) 10:15 Gentle Yoga (Todd)	<b>11</b> 9:00 Relax & Flow (Heather) 10:15 Restorative Yoga (Heather) 4:00 Yoga for Healthy Aging (Todd)
<b>12</b> 9:00 Gentle Yoga (Todd) 10:15 Dance Temple (Lucy)\$15-\$20	<b>13</b> 9:00 Relax and Flow (Heather) 10:15 Yin/Restorative (Heather) 11:30 Yoga for Healthy Aging (Todd) 5:30 Strength & Balance(Todd)	<b>14</b> 9:00 Gentle Yoga (Lynne) 10:15 Yoga & TRX (Lynne) 5:30 Restorative Yoga (Todd)	<b>15</b> 9:00 Gentle Yoga (Todd) 10:15 Flow (Todd) 11:30 Yin Yoga (Todd) 5:30 TRX & More (Lynne)	<b>16</b> 9:00 Yoga & TRX (Lynne) 10:15 Balance Posture & Core Yoga (Lynne) 11:30 Slow Flow with Yin (Todd) 5:30 Restorative Yoga (Todd)	<b>17</b> 9:00 Restorative (Todd) 10:15 Gentle Yoga (Todd)	<b>18</b> 9:00 Relax & Flow (Heather) 10:15 Restorative Yoga (Heather) 4:00 Yoga for Healthy Aging (Todd)
<b>19</b> 9:00 Gentle Yoga (Todd) 10:15 Restorative Yoga (Todd)	<b>20</b> 9:00 Relax and Flow (Heather) 10:15 Yin/Restorative (Heather) 11:30 Yoga for Healthy Aging (Todd) 5:30 Strength & Balance(Todd)	<b>21</b> 9:00 Gentle Yoga (Lynne) 10:15 Yoga & TRX (Lynne) 5:30 Restorative Yoga (Todd)	<b>Offering Self-Awareness &amp; Stress Reduction Practices while respecting Social Distancing guidelines. Details at: <a href="http://AuthenticFusion.com/studio-wellness">AuthenticFusion.com/studio-wellness</a></b> PRE-REGISTRATION strongly encouraged. Classes limited to 4 students. WORKSHOP April 5, 2:30-4pm Physical Body/Subtle Body (Todd & Heather)\$29 PREREGISTER at Least 24 HOURS in Advance, Min 2 participants for all workshops. <a href="http://www.AuthenticFusion.com/WORKSHOPS">www.AuthenticFusion.com/WORKSHOPS</a>			

SCHEDULE SUBJECT TO CHANGE. Please Confirm Schedule and Preregister online at [www.AuthenticFusion.com/schedule](http://www.AuthenticFusion.com/schedule)