

YOGA @ 310 WELLNESS SCHEDULE

Book Classes at www.heathermcdermidyoga.com

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
<p>2</p> <p><u>7:00 - 8:00 pm</u> Luminous Stretch (Ness)</p>	<p>3</p> <p><u>9:00 - 12 pm</u> YTT</p> <p><u>7:30 - 9:00 pm</u> Relax & Renew (Heather)</p>	<p>4</p> <p><u>9:30 - 10:45 AM</u> Mindful Movement (Heather)</p> <p><u>5:00 - 6:00 PM</u> Core (Heather)</p> <p><u>7:30 - 8:45 PM</u> Luminous Yin (Ness)</p>	<p>5</p>	<p>6</p> <p><u>9:30 - 10:45 AM</u> Rise & Shine (Heather)</p> <p><u>11:00 - 12:00 PM</u> Baby Yoga (Heather)</p> <p><u>7:30 - 9:00 PM</u> Restorative Yin (Heather)</p>	<p>7</p>	<p>8</p> <p><u>9:30 - 10:45 AM</u> Foundational Flow (Beginners) with Angela</p>
<p>9</p> <p><u>7:00 - 8:00 pm</u> Luminous Stretch (Ness)</p>	<p>10</p> <p><u>9:00 - 12 pm</u> YTT</p> <p><u>7:30 - 9:00 pm</u> Relax & Renew (Heather)</p>	<p>11</p> <p><u>9:30 - 10:45 AM</u> Mindful Movement (Heather)</p> <p><u>5:00 - 6:00 PM</u> Core (Heather)</p> <p><u>7:30 - 8:45 PM</u> Luminous Yin (Ness)</p>	<p>12</p>	<p>13</p> <p><u>9:30 - 10:45 AM</u> Rise & Shine (Heather)</p> <p><u>7:30 - 9:00 PM</u> Restorative Yin (Heather)</p>	<p>14</p>	<p>15</p> <p><u>9:30 - 10:45 AM</u> Foundational Flow (Beginners) with Angela</p>
<p>16</p> <p><u>7:00 - 8:00 pm</u> Luminous Stretch (Ness)</p>	<p>17</p> <p><u>9:00 - 12 pm</u> YTT</p> <p><u>7:30 - 9:00 pm</u> Relax & Renew (Heather)</p>	<p>18</p> <p><u>9:30 - 10:45 AM</u> Mindful Movement (Heather)</p> <p><u>5:00 - 6:00 PM</u> Core (Heather)</p> <p><u>7:30 - 8:45 PM</u> Luminous Yin (Ness)</p>	<p>19</p>	<p>20</p> <p><u>9:30 - 10:45 AM</u> Rise & Shine (Angela)</p> <p><u>7:30 - 9:00 PM</u> Restorative Yin (Ness)</p>	<p>21</p> <p><u>7:00 - 9:00 PM</u> Event with Ness</p>	<p>22</p> <p><u>9:30 - 10:45 AM</u> Foundational Flow (Beginners) with Angela</p>
<p>23</p> <p><u>7:00 - 8:00 pm</u> Luminous Stretch (Ness)</p>	<p>24</p> <p><u>7:30 - 9:00 pm</u> Relax & Renew (Carla)</p>	<p>25</p> <p><u>9:30 - 10:45 AM</u> Mindful Movement (Carla)</p> <p><u>5:00 - 6:00 PM</u> Core (Ness)</p> <p><u>7:30 - 8:45 PM</u> Luminous Yin (Ness)</p>	<p>26</p>	<p>27</p> <p><u>9:30 - 10:45 AM</u> Rise & Shine (Heather)</p> <p><u>7:30 - 9:00 PM</u> Restorative Yin (Heather)</p>	<p>28</p>	