

# MARCH 2023



<b>CLASS KEY</b>
SUKHA YOGA THORNHILL - SK
SHRED905 - 905
WELLNESS FAMILY CARE - WC
PRIVATE CLIENT - PC
<b>NOTES</b>
SPRING HAS SPRUNG!
THE LIGHT IS RETURNING!
LET YOURSELF BLOOM!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:30am - SK 9:30am - SK 8:30pm - 905	2 7:00pm - WC	3	4
5	6 11:15am - PC 7:00pm - WC	7 5:00pm - SK	8 6:30am - SK 9:30am - SK 8:30pm - 905	9 7:00pm - WC	10	11
12	13 11:15am - PC 7:00pm - WC	14 5:00pm - SK	15 6:30am - SK 9:30am - SK 8:30pm - 905	16 7:00pm - WC	17	18
19	20 11:15am - PC 7:00pm - WC	21 5:00pm - SK	22 6:30am - SK 9:30am - SK 8:30pm - 905	23 7:00pm - WC	24	25
26	27 11:15am - PC 7:00pm - WC	28 5:00pm - SK	29 6:30am - SK 9:30am - SK 8:30pm - 905	30 7:00pm - WC	31	