



# MARCH 2024



SUN	MON	TUE	WED	THU	FRI	SAT
					30 min All Levels Flow 7amPT 10amET <b>1</b>	<b>2</b>
<b>3</b>	30 min Spiritual Self Care Club 7amPT 10amET <b>4</b>	<b>5</b>	30 min Gentle Restorative 5:30pmPT 8:30pmET <b>6</b>	<b>7</b>	45 min All Levels Flow + New Moon Meditation 7amPT/10amET <b>8</b>	<b>9</b>
<b>10</b>	30 min Spiritual Self Care Club 7amPT 10amET <b>11</b>	<b>12</b>	30 min Gentle Restorative 5:30pmPT 8:30pmET <b>13</b>	<b>14</b>	30 min All Levels Flow 7amPT 10amET <b>15</b>	<b>16</b>
<b>17</b>	30 min Spiritual Self Care Club 7amPT 10amET <b>18</b>	<b>19</b>	30 min Gentle Restorative 5:30pmPT 8:30pmET <b>20</b>	<b>21</b>	45 min All Levels Flow + Full Moon Meditation 7amPT/10amET <b>22</b>	<b>23</b>
<b>24</b>	30 min Spiritual Self Care Club 7amPT 10amET <b>25</b>	<b>26</b>	30 min Gentle Restorative 5:30pmPT 8:30pmET <b>27</b>	<b>28</b>	30 min All Levels Flow 7amPT 10amET <b>29</b>	<b>30</b>
<b>31</b>						