



March - April 2019 Class Schedule

MON	TUES	WED	THU
MAR 4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28
APR 1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30		

- OUTDOOR CLASS
In Civic Center Park
- INDOOR CLASS
In the McNichols Civic Center Building
- NO CLASS SCHEDULED

Monday Night Yoga w/ The River
6:00-7:00 pm

Tuesday Lunchtime Hustle & Flow w/ Jillian Keaveny
12:15-1:00 pm

Wednesday November Project
5:30-6:15 am & 6:15-7:00 am
*1st & 3rd Wednesdays, meet at State Capitol Steps
2nd, 4th, & 5th Wednesdays, meet in Greek Theater*

Thursday Lunchtime YogaCross w/ Fitness in the City & The River
12:00-1:00 pm

Thursday Night Yoga
Will return in May 2019

