



Sankalpa Studio March 2025 Schedule

Monday:	9:00 to 10:00 Slow Flow with Hanna
Tuesday:	9:00 to 10:00 AM Release and Restore Yin with Marcia, <u>sorry no class on March 4th</u>
Wednesday:	9:30 to 10:30 AM Restorative with May <u>on March 5th only</u> CIRCL Mobility with Mayo , on <u>March 12th, 19th and 26th</u>
Thursday:	9:00 to 10:00 AM Gentle Yoga “ Journey to Tranquility and Healing” with Marcia 8:30 to 9:15 AM Aqua-zumba with Mayo <u>at the Cocoa pod pool</u>
Friday:	9:00 to 10:00 AM Yin and Breath with Hanna 5:30 PM Latin Dance with Andrew
Saturday:	9:00 to 10:00 AM Yin Yoga with May, March 2nd only March 8th, 15th, 22nd and 29th with Chelsea <u>(visiting Yoga teacher from Ontario, Canada)</u>
Sunday:	10:00 to 11:00 AM Pilates with Fran

