

# March 2010

HCHL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 <b>Vivian - Triangle</b> ■ 5:30 PM Yoga 1 - 45 min. ■ 6:30 PM Yoga 2 - 90 min.	2 <b>Sonja - Rosa</b> ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	3 <b>Vivian - Rosa</b> ■ 12:00 PM Total Body Conditioning - 60 min. ■ 7:00 PM Salsa With Oscar	4 <b>Vivian - Rosa</b> ■ 6:30 PM Open Yoga (some experience) - 60 min.	5 <b>Susie Q - Rosa</b> ■ 6:30 PM Body Conditioning and Cardio- 60 min. ■ 7:35 PM Pilates Open	6
7	8 <b>Vivian - Triangle</b> ■ 5:30 PM Yoga 1 - 45 min. ■ 6:30 PM Yoga 2 - 90 min.	9 <b>Sonja - Rosa</b> ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	10 <b>Vivian - Rosa</b> <b>Crystal - Rosa</b> ■ 12:00 PM Total Body Conditioning - 60 min. ■ 7:00 PM Salsa With Oscar	11 <b>Vivian - Rosa</b> ■ 6:30 PM Open Yoga (some experience) - 60 min.	12 <b>Susie Q - Rosa</b> ■ 6:30 PM Body Conditioning and Cardio- 60 min. ■ 7:35 PM Pilates Open	13
14	15 <b>Vivian - Triangle</b> ■ 5:30 PM Yoga 1 - 45 min. ■ 6:30 PM Yoga 2 - 90 min.	16 <b>Sonja - Rosa</b> ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	17 <b>Vivian - Rosa</b> ■ 12:00 PM Total Body Conditioning - 60 min. ■ 7:00 PM Salsa With Oscar	18 <b>Vivian - Rosa</b> ■ 6:30 PM Open Yoga (some experience) - 60 min.	19 <b>Susie Q - Rosa</b> ■ 6:30 PM Body Conditioning and Cardio- 60 min. ■ 7:35 PM Pilates Open	20
21	22 <b>Vivian - Triangle</b> ■ 5:30 PM Yoga 1 - 45 min. ■ 6:30 PM Yoga 2 - 90 min.	23 <b>Sonja - Rosa</b> ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	24 <b>Vivian - Rosa</b> ■ 12:00 PM Total Body Conditioning - 60 min. ■ 7:00 PM Salsa With Oscar	25 <b>Vivian - Rosa</b> ■ 6:30 PM Candle Light Yoga (some experience) - 60 min.	26 <b>Rosa</b> ■ 6:30 PM Salsa With Oscar ■ 7:35 PM Pilates Open	27 ■ 11:00 AM 4 Week Saturday Yoga Series
28	29 <b>CSA - 1st Payment Due</b> <b>Vivian - Triangle</b> ■ 5:30 PM Yoga 1 - 45 min. ■ 6:30 PM Yoga 2 - 90 min.	30 <b>Sonja - Rosa</b> ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	31 <b>Vivian - Rosa</b> ■ 12:00 PM Total Body Conditioning - 60 min. ■ 7:00 PM Salsa With Oscar	1 <b>Vivian - Rosa</b> ■ 6:30 PM Open Yoga (some experience) - 60 min.	2 <b>Susie Q - Rosa</b> ■ 6:30 PM Body Conditioning and Cardio- 60 min. ■ 7:35 PM Pilates Open	3 ■ 11:00 AM 4 Week Saturday Yoga Series