

Limited series workshops in green  
 Talleres de serie limitada en verde  
 Recurring classes in Black  
 Clases recurrentes en negro



# MARCH 2022



\*Free Childcare Service available  
 \*Servicio de Guardería disponible y gartuito

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 8:30am Virtual Meditation 9:30am Virtual Morning Yoga 5:30pm Capoeira 6:30pm Yoga con Ludwin	1 9:30am Nia* 6pm TOPS	2 9:30am Virtual Morning Yoga 5:30pm Capoeira* 6:30pm Yoga con Ludwin*	3 6:30 PM Littles Ballet*	4 10am TOPS	5 8am Virtual Balance Yoga 10:30am No Worry Kids Yoga 1pm Family Cooking
6	7 8:30am Virtual Meditation 9:30am Virtual Morning Yoga 6:30pm Yoga con Ludwin*	8 9:30am Nia* 6pm TOPS	9 9:30am Virtual Morning Yoga 5pm Atención prenatal, apoyo y opciones* 6:30pm Yoga con Ludwin*	10	11 10am TOPS	12 8am Virtual Balance Yoga 11am Virtual Comida Medicinal 11:45am Baile Latino Cardio
13	14 8:30am Virtual Meditation 9:30am Virtual Morning Yoga 4:45pm Baile folklórico* 5:30pm Capoeira* 6:30pm Yoga con Ludwin*	15 9:30am Nia* 11:00 am Yoga Prenatal y cuidado personal 6pm TOPS	16 9:30am Virtual Morning Yoga 5:30pm Capoeira* 6:30pm Yoga con Ludwin*	17 6:30 PM Littles Ballet*	18 10am TOPS 9am Mini Taller de Escritura	19 8am Virtual Balance Yoga 11:45am Baile Latino
20	21 8:30am Virtual Meditation 9:30am Virtual Morning Yoga 4:45pm Baile folklórico* 5:30pm Capoeira* 6:30pm Yoga con Ludwin*	22 9:30am Nia* 11:00 am Yoga Prenatal y cuidado personal 6pm TOPS	23 9:30am Virtual Morning Yoga 5:30pm Capoeira* 6:30pm Yoga con Ludwin*	24 6pm Virtual Grupo de apoyo para madres 6:30 PM Littles Ballet* 7:30pm Parent Support Group	25 10am TOPS	26 8am Virtual Balance Yoga 9-11am Garden Volunteer Day 11:45am Baile Latino
27	28 8:30am Virtual Meditation 9:30am Virtual Morning Yoga 4:45pm Baile folklórico* 5:30pm Capoeira* 6:30pm Yoga con Ludwin*	29 9:30am Nia* 11:00 am Yoga Prenatal y cuidado personal 6pm TOPS	30 9:30am Virtual Morning Yoga 5:30pm Capoeira* 6:30pm Yoga con Ludwin*	31 6:30 PM Littles Ballet*	1 10am TOPS	2 8am Virtual Balance Yoga 11:45am Baile Latino

