

M SCHEDULE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Zoom 10am Yin Yoga	2 Zoom 10am Yoga with weights	3	4
5	6 Zoom 10am Gentle Flow	7	8 No Class Today	9 Zoom 10am Yoga Flow	10	11
12	13 Zoom 10am Gentle Flow	14	15 Zoom 10am Yin Yoga	16 Zoom 10am Yoga with Weights	17	18
19	20 Zoom 10am Gentle Flow	21	22 Zoom 10am Chair Yin Yoga	23 Zoom 10am Yoga Flow	24	25
26	27 No Class Today	28	29 Zoom 10am Yin Yoga	30 Zoom 10am Yoga with Weights	31	

No Class on March 8 and 27 as I am out of town please watch Northern Zen on Facebook for changes to Classes