

VINYASA FUSION THEMES FEB-APR 2020

MONDAYS 7:40-8:55 PM		WEDNESDAYS 7:40-8:55 PM		FRIDAY 6:30-7:45 PM	
Date	Theme	Date	Theme	Date	Theme
Feb 10	Balance	Feb 12	Integration	Feb 14	Strength
Feb 17	Flexibility	Feb 19	Balance	Feb 23	Integration
Feb 24	Strength	Feb 26	Flexibility	Feb 28	Balance
Mar 2	Integration	Mar 4	Strength	Mar 6	Flexibility
Mar 9	Balance	Mar 11	Integration	Mar 13	Strength
Mar 16	Flexibility	Mar 18	Balance	Mar 20	Integration
Mar 23	Strength	Mar 25	Flexibility	Mar 27	Balance
Mar 30	Integration	Apr 1	Strength	Apr 3	Flexibility
Apr 6	Balance	Apr 8	Integration	Apr 10	Strength
Apr 13	Flexibility	Apr 15	Balance	Apr 17	Integration
Apr 20	Strength	Apr 22	Flexibility	Apr 24	Balance
Apr 27	Integration	Apr 29	Strength	May 1	Flexibility
May 4	Balance	May 6	Integration	May 8	Strength