

MARCH 2018

MONTHLY WORKSHOPS:

MARCH 24TH: VEGAN COOKING WITH MICHAELA HOSKINS AT 12:00PM

TUESDAYS

Movement Studio

Rise & Shine Yoga
7:30AM-8:30AM
Gentle Yoga
10:00AM-11:00AM
Self Defense w/ Scotty
Nevels
4:00PM-5:00PM
Target Toning
5:30PM-6:30PM

Art House

Open Studio
10:00AM-2:00PM
Memoirs in Minutes
10:00AM, 4:00PM, 5:30PM

WEDNESDAYS

Movement Studio

Shine Yoga
10:00AM-11:00AM
Gentle Yoga
6:30PM-7:30PM

Art House

Open Studio
10:00AM-2:00PM
Preschool Art
1:00PM
Installation Preparation
4:00PM

THURSDAYS

Movement Studio

Shine Yoga
10:00AM-11:00AM
Gentle Yoga
5:30PM-6:30PM

Art House

Open Studio
10:00AM-2:00PM
Paper Relief
10:30AM, 5:30PM
Polymer Clay
4:00PM

FRIDAYS

Movement Studio

Rise & Shine Yoga
7:30AM-8:30AM
Target Toning
10:00AM-11:00AM
Intermediate Yoga
11:00AM-11:00AM

Art House

Open Studio
10:00AM-2:00PM
Dream Catcher Creations
10:30AM, 4:00PM

SATURDAYS

Movement Studio

Shine Yoga w/ Jenny Williams
10:00AM-11:00AM
Mixed Martial Arts w/ Scotty Nevels
2:00PM-3:00PM