



Virtual Class Schedule

Effective 28 March 2021

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
7:00a Strength & Stretch (45 mins) 10:15a Gentle Flow (60 mins)	7:00a Gentle Flow (45 mins) 10:15a Mindful Movement (45 mins) 7:30p Gentle Yoga & Med (60 mins)	**FB Live** 10:15a Community Accountability (45 mins)
<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:00a Roll & Flow (45 mins) 10:15a Strength & Stretch (45 mins) 7:30p Gentle Yoga & Med (60 mins)	7:00a Strength & Stretch (45 mins) 10:15a Gentle Flow (45 mins)	No Class  <u>Sunday</u> 10:15a Beginner Yoga (60 mins)

For questions or to register, please contact Larisa@StrongByNatureWellness.com

Classes are
held on Zoom
in ET