March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 4-4:50pm (Pilates) MY NDG 6:00-7pm (Modo Flow) MY NDG 7:30-8:30pm (Modo Flow) MY NDG	10 12:00-1:00pm (Modo Flow) MY Griffintown 1:30-2:30 (Pilates) MY Griffintown	11 11:30-12:30pm (Pilates) MY NDG 1:30-2:30pm (Community Flow) MY NDG	12	13 4:00-5:00pm (Modo w/ music) MY NDG 6:00-7pm (Power w/ music) MY NDG	14 5-6:30pm (Modo Flow) MY NDG 7-8:30pm (Yin) MY NDG
15	16 12:15-1:15pm (Ballet Sculpt) MY NDG 5:00-6:00pm (Power) MY NDG 6:30-7:45pm (Modo) MY NDG	17 12:00-1:00pm (Modo Flow) MY Griffintown 1:30-2:30 (Pilates) MY Griffintown	18 11:30-12:30pm (Pilates) MY NDG 1:30-2:30pm (Community Flow) MY NDG	19	20 4:00-5:00pm (Modo w/ music) MY NDG 6:00-7pm (Power w/ music) MY NDG	21
22	23 5:00-6:00pm (Power) MY NDG 6:30-7:45pm (Modo) MY NDG	24 12:00-1:00pm (Modo Flow) MY Griffintown 1:30-2:30 (Pilates) MY Griffintown	25 11:30-12:30pm (Pilates) MY NDG 1:30-2:30pm (Community Flow) MY NDG	26 12-1pm (Modo Flow) MY NDG. 1:30-2:30 (Community Class) MY NDG	27 4:00-5:00pm (Modo w/ music) MY NDG 6:00-7pm (Power w/ music) MY NDG	28
29	30 5:00-6:00pm (Power) MY NDG 6:30-7:45pm (Modo) MY NDG	31 12:00-1:00pm (Modo Flow) MY Griffintown 1:30-2:30 (Pilates) MY Griffintown		27	28	29