



# March Be Happy Schedule!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Receive \$10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga or massage treatment</p>	<p>45min Salt Cave sessions begin at the top of each hour:  <b>Monday-Friday 10am-6pm</b>  <b>Saturday 11am-5pm</b>  <b>Sunday 1pm-3pm</b>  <b>270-799-8070</b>  <a href="http://www.behappybg.com">www.behappybg.com</a></p>	<p>Must sign up for classes at least 75 minutes in advance!  <b>Underlined events are special pricing. Please ask for details!</b>  <b>Must pre-register by 5pm the day before events.</b></p>	<p>1            9:15am Gentle Yoga            12:15 pm Midday Stretch &amp; Flow Yoga            1:30pm CoreFirst            5pm Prenatal Yoga            6:30pm Slow Flow</p>	<p>2            9:45am Slow Flow            12:45pm Chair CF            1:30pm Chair Yoga            3 pm Chair CF            5:30pm Gentle/Level 1 Yoga            7pm Vinyasa Flow</p>	<p>3            9:15am Level 1 Yoga            10:45am Gentle Yoga            12:15pm Midday Stretch &amp; Flow Yoga            1:30pm CoreFirst            3:30pm Restorative Yoga then Salt</p>	<p>4            8:30am Zumba™ Light            9:30am Yoga then Salt!            11:00am CoreFirst            Noon - Vinyasa Flow</p>
<p>5            1:30pm Beginners to Basics*            3pm Yoga then Salt            4:30 CoreFirst</p>	<p>6            9:15am Restorative Yoga            11:15am CoreFirst            12:15pm Midday All-Levels            1:30pm Chair Yoga            4:30pm Zumba™            5:30pm Level 1 Yoga/ Medical Center class            6:45pm Yoga with Weights!</p>	<p>7            9:15am Yahweh Yoga            11:15am Yahweh Gentle Yoga            4pm Beginners to Basics            5:30 pm Restorative Yoga then Salt            7pm CoreFirst</p>	<p>8            9:15am Gentle Yoga            12:15pm Midday Stretch &amp; Flow Yoga            1:30pm CoreFirst            5pm Prenatal Yoga            6:30pm Slow Flow</p>	<p>9            9:45am Slow Flow            12:45pm Chair CF            1:30pm Chair Yoga            3 pm Chair CF            5:30pm Gentle/Level 1 Yoga            7pm Vinyasa Flow</p>	<p>10 YTT            9:15am Level 1 Yoga            10:45am Gentle Yoga            12:15pm Midday Stretch &amp; Flow Yoga            1:30pm CoreFirst            3:30pm Restorative Yoga then Salt</p>	<p>11YTT            8:30am Zumba™ Light            9:30am All-Levels Yoga            11:00am CoreFirst            11am Kids Yoga in the Salt Cave*            Noon - Vinyasa Flow</p>
<p>12YTT            3pm Yoga then Salt            4:30 CoreFirst</p>	<p>13            9:15am Restorative Yoga            11:15am CoreFirst            12:15pm Midday All-Levels            1:30pm Chair Yoga            4:30pm Zumba™            5:30pm Level 1 Yoga/ Medical Center class            6:45pm Yoga with Weights!</p>	<p>14            9:15am Yahweh Yoga            11:15am Yahweh Gentle Yoga            4pm Beginners to Basics*            5:30 pm Restorative Yoga            6pm Guided Relaxation and Breathwork in the Salt Cave*            7pm CoreFirst</p>	<p>15            9:15am Gentle Yoga            12:15pm Midday Stretch &amp; Flow Yoga            1:30pm CoreFirst            5pm Prenatal Yoga            6:30pm Slow Flow</p>	<p>16            9:45am Slow Flow            12:45pm Chair CF            1:30pm Chair Yoga*            3 pm Chair CF            5:30pm Gentle/Level 1 Yoga            7pm Vinyasa Flow</p>	<p>17            9:15am Level 1 Yoga            10:45am Gentle Yoga            12:15pm Midday Stretch &amp; Flow Yoga            1:30pm CoreFirst            3:30pm Restorative Yoga then Salt</p>	<p>18            8:30am Zumba™ Light            9:30am All-Levels Yoga            11:00am CoreFirst            Noon - Vinyasa Flow            3:30 pm &amp; 5 pm  <b>Crystal Bowls in the Salt Cave for Spring Solstice</b></p>
<p>19            1:30 Beginners to Basics*            3pm Yoga then Salt            4:30 CoreFirst</p>	<p>20            9:15am Restorative Yoga            11:15am CoreFirst            12:15pm Midday All-Levels            1:30pm Chair Yoga            4:30pm Zumba™            5:30pm Level 1 Yoga/ Medical Center class            6:45pm Yoga with Weights!</p>	<p>21            9:15am Yahweh Yoga            11:15am Yahweh Gentle Yoga            4pm Beginners to Basics*            5:30pm Restorative Yoga then Salt            7pm CoreFirst</p>	<p>22            9:15am Gentle Yoga            12:15pm Midday Stretch &amp; Flow Yoga            1:30pm CoreFirst            5pm Prenatal Yoga            6:30pm Slow Flow</p>	<p>23            9:45am Slow Flow            12:45pm Chair CF            1:30pm Chair Yoga*            3 pm Chair CF            5:30pm Gentle/Level 1 Yoga            6pm Yoga in the Salt Cave*            7pm Vinyasa Flow</p>	<p>24            9:15am Level 1 Yoga            10:45am Gentle Yoga            12:15pm Midday Stretch &amp; Flow Yoga            1:30pm CoreFirst            3:30pm Restorative Yoga then Salt</p>	<p>25            8:30am Zumba™ Light            9:30am Yoga then Salt!            11:00am CoreFirst            Noon - Vinyasa Flow</p>
<p>26            1:30 Beginners to Basics*            3pm Yoga then Salt            4:30 CoreFirst</p>	<p>27            9:15am Restorative Yoga            11:15am CoreFirst            12:15pm Midday All-Levels            1:30pm Chair Yoga            4:30pm Zumba™            5:30pm Level 1 Yoga/ Medical Center class            6:45pm Yoga with Weights!</p>	<p>28            9:15am Yahweh Yoga            11:15am Yahweh Gentle Yoga            4pm Beginners to Basics*            5:30 pm Restorative Yoga then Salt            7pm CoreFirst</p>	<p>29            9:15am Gentle Yoga            12:15pm Midday Stretch &amp; Flow Yoga            1:30pm CoreFirst            5pm Prenatal Yoga            6:30pm Slow Flow</p>	<p>30            9:45am Slow Flow            12:45pm Chair CF            1:30pm Chair Yoga*            3 pm Chair CF            5:30pm Gentle/Level 1 Yoga            7pm Vinyasa Flow</p>	<p>31            9:15am Level 1 Yoga            10:45am Gentle Yoga            12:15pm Midday Stretch &amp; Flow Yoga            1:30pm CoreFirst            3:30pm Restorative Yoga then Salt</p>	<p>Susan            Trudy            Beshka            Frances            Shigeko            Angie            DeAnn            Sheila            Angela            Chile            Gina            Virginia            Alesia            Mary            Maria            Allie            Liz            Julie</p>

