



MARCH YOGA SCHEDULE
189 THE GROVE DR, LOS ANGELES, CA
@ALOLOSANGELES

					FRIDAY	SATURDAY
					1	2
					10:30AM-11:30AM ALL LEVELS VINYASA Shayla Quinn 12:00PM-1:00PM POWER VINYASA JJ Cook 5:30PM-6:30PM ALL LEVELS VINYASA Marie Grujicic	10:30AM-11:30AM POWER VINYASA Austin Hollingshead 12:00PM-1:00PM ALL LEVELS VINYASA - HIP HOP Katie Baki
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	8	9
3 10:30AM-11:30AM ALL LEVELS VINYASA Marie Grujicic 12:00PM-1:00PM ALL LEVELS VINYASA Marie Grujicic 4:00PM-5:00PM YIN - MEDIATION Harper Botorowicz	4 10:30AM-11:30AM ALL LEVELS VINYASA Katie Baki 12:00PM-1:00PM ALL LEVELS VINYASA JJ Cook 5:30PM-6:30PM ALL LEVELS VINYASA Harper Botorowicz 7:00PM-8:00PM YIN - MEDIATION Harper Botorowicz	5 9:00AM-10:00AM POWER VINYASA Austin Hollingshead 10:30AM-11:30AM ALL LEVELS VINYASA Shayla Quinn 12:00PM-1:00PM ALL LEVELS VINYASA Hiro Landazuri 4:00PM-5:00PM YIN YANG Harper Botorowicz 7:45PM-8:45PM ALL LEVELS VINYASA Shayla Quinn	6 10:30AM-11:30AM GENTLE VINYASA Tasha Marie 12:00PM-1:00PM POWER VINYASA Tasha Marie 4:15PM-5:00PM KIDS YOGA Harper Botorowicz 5:30PM-6:30PM ALL LEVELS VINYASA Marie Grujicic 7:00PM-8:00PM YOGA NIDRA - MEDITATION Thalia Ayres	7 9:00AM-10:00AM POWER VINYASA Austin Hollingshead 10:30AM-11:30AM ALL LEVELS VINYASA Stevie Finedore 12:00PM-1:00PM ALL LEVELS VINYASA Hiro Landazuri 4:00PM-5:00PM YIN YANG Harper Botorowicz 7:45PM-8:45PM ALL LEVELS VINYASA Shayla Quinn	10:30AM-11:30AM ALL LEVELS VINYASA Shayla Quinn 12:00PM-1:00PM POWER VINYASA JJ Cook 5:30-7:00PM INTERNATIONAL WOMEN'S DAY - YOGA & MEDITATION* Marie Grujicic & Harper Botorowicz	10:30AM-11:30AM POWER VINYASA Austin Hollingshead 12:00PM-1:00PM ALL LEVELS VINYASA - HIP HOP Katie Baki
10	11	12	13	14	15	16
10:30AM-11:30AM ALL LEVELS VINYASA Marie Grujicic 12:00PM-1:00PM ALL LEVELS VINYASA Marie Grujicic 4:00PM-5:00PM YIN - MEDITATION Harper Botorowicz	10:30AM-11:30AM ALL LEVELS VINYASA Katie Baki 12:00PM-1:00PM ALL LEVELS VINYASA JJ Cook 5:30PM-6:30PM ALL LEVELS VINYASA Harper Botorowicz 7:00PM-8:00PM YIN - MEDIATION Harper Botorowicz	9:00AM-10:00AM POWER VINYASA Austin Hollingshead 10:30AM-11:30AM ALL LEVELS VINYASA Shayla Quinn 12:00PM-1:00PM ALL LEVELS VINYASA Hiro Landazuri 4:00PM-5:00PM YIN YANG Harper Botorowicz 7:45PM-8:45PM ALL LEVELS VINYASA Shayla Quinn	10:30AM-11:30AM GENTLE VINYASA Tasha Marie 12:00PM-1:00PM POWER VINYASA Tasha Marie 4:15PM-5:00PM KIDS YOGA Harper Botorowicz 5:30PM-6:30PM ALL LEVELS VINYASA Marie Grujicic 7:00PM-8:00PM YOGA NIDRA - MEDITATION Thalia Ayres	9:00AM-10:00AM POWER VINYASA Austin Hollingshead 10:30AM-11:30AM ALL LEVELS VINYASA Stevie Finedore 12:00PM-1:00PM ALL LEVELS VINYASA Hiro Landazuri 4:00PM-5:00PM YIN YANG Harper Botorowicz 7:45PM-8:45PM ALL LEVELS VINYASA Shayla Quinn	10:30AM-11:30AM ALL LEVELS VINYASA Shayla Quinn 12:00PM-1:00PM POWER VINYASA JJ Cook 5:30PM-6:30PM ALL LEVELS VINYASA Marie Grujicic	10:30AM-11:30AM POWER VINYASA Austin Hollingshead 12:00PM-1:00PM ALL LEVELS VINYASA - HIP HOP Katie Baki

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17 10:30AM-11:30AM ALL LEVELS VINYASA Marie Grujicic 12:00PM-1:00PM ALL LEVELS VINYASA Marie Grujicic 4:00PM-5:00PM YIN - MEDIATION Harper Botorowicz	18 10:30AM-11:30AM ALL LEVELS VINYASA Katie Baki 12:00PM-1:00PM ALL LEVELS VINYASA JJ Cook 5:30PM-6:30PM ALL LEVELS VINYASA Harper Botorowicz 7:00PM-8:00PM YIN - MEDITATION Harper Botorowicz	19 9:00AM-10:00AM POWER VINYASA Austin Hollingshead 10:30AM-11:30AM ALL LEVELS VINYASA Shayla Quinn 12:00PM-1:00PM ALL LEVELS VINYASA Hiro Landazuri 4:00PM-5:00PM YIN YANG Harper Botorowicz 7:45PM-8:45PM ALL LEVELS VINYASA Shayla Quinn	20 10:30AM-11:30AM GENTLE VINYASA Tasha Marie 12:00PM-1:00PM POWER VINYASA Tasha Marie 4:15PM-5:00PM KIDS YOGA Harper Botorowicz 5:30PM-6:30PM ALL LEVELS VINYASA Marie Grujicic 7:00PM-8:00PM SPRING EQUINOX - FULLMOON SOUND BATH* Thalia Ayres	21 9:00AM-10:00AM POWER VINYASA Austin Hollingshead 10:30AM-11:30AM ALL LEVELS VINYASA Stevie Finedore 12:00PM-1:00PM ALL LEVELS VINYASA Hiro Landazuri 4:00PM-5:00PM YIN YANG Harper Botorowicz 7:45PM-8:45PM ALL LEVELS VINYASA Shayla Quinn	22 10:30AM-11:30AM ALL LEVELS VINYASA Shayla Quinn 12:00PM-1:00PM POWER VINYASA JJ Cook 5:30PM-6:30PM ALL LEVELS VINYASA Marie Grujicic	23 10:30AM-11:30AM POWER VINYASA DeAndre Sinnett 12:00PM-1:00PM ALL LEVELS VINYASA - HIP HOP Katie Baki
24 10:30AM-11:30AM ALL LEVELS VINYASA Marie Grujicic 12:00PM-1:00PM ALL LEVELS VINYASA Marie Grujicic 4:00PM-5:00PM YIN - MEDITATION Harper Botorowicz	25 10:30AM-11:30AM ALL LEVELS VINYASA Katie Baki 12:00PM-1:00PM ALL LEVELS VINYASA JJ Cook 5:30PM-6:30PM ALL LEVELS VINYASA Harper Botorowicz 7:00PM-8:00PM YIN - MEDIATION Harper Botorowicz	26 9:00AM-10:00AM POWER VINYASA Austin Hollingshead 10:30AM-11:30AM ALL LEVELS VINYASA Shayla Quinn 12:00PM-1:00PM ALL LEVELS VINYASA Hiro Landazuri 4:00PM-5:00PM YIN YANG Harper Botorowicz 7:45PM-8:45PM ALL LEVELS VINYASA Shayla Quinn	27 10:30AM-11:30AM GENTLE VINYASA Tasha Marie 12:00PM-1:00PM POWER VINYASA Tasha Marie 4:15PM-5:00PM KIDS YOGA Harper Botorowicz 5:30PM-6:30PM ALL LEVELS VINYASA Harper Botorowicz 7:00PM-8:00PM YOGA NIDRA - MEDITATION Thalia Ayres	28 9:00AM-10:00AM POWER VINYASA Austin Hollingshead 10:30AM-11:30AM ALL LEVELS VINYASA Stevie Finedore 12:00PM-1:00PM ALL LEVELS VINYASA Hiro Landazuri 4:00PM-5:00PM YIN YANG Harper Botorowicz 7:45PM-8:45PM ALL LEVELS VINYASA Shayla Quinn	29 10:30AM-11:30AM ALL LEVELS VINYASA Shayla Quinn 12:00PM-1:00PM POWER VINYASA JJ Cook 5:30PM-6:30PM ALL LEVELS VINYASA Marie Grujicic	30 10:30AM-11:30AM POWER VINYASA Austin Hollingshead 12:00PM-1:00PM ALL LEVELS VINYASA - HIP HOP Katie Baki

31
10:30AM-11:30AM
 ALL LEVELS
 VINYASA
 Marie Grujicic
12:00PM-1:00PM
 ALL LEVELS
 VINYASA
 Marie Grujicic
4:00PM-5:00PM
 YIN - MEDITATION
 Harper Botorowicz

*SPECIAL CLASS/WORKSHOP

alo

MARCH YOGA SCHEDULE

189 THE GROVE DR, LOS ANGELES, CA

FIND US ONLINE ON MINDBODY

AT ALO YOGA