



**MARCH** YOGA SCHEDULE  
**THE GROVE**  
**@ALOLOSANGELES**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10:30AM</b> SIGNATURE FLOW Marie Grujicic-Delage</p> <p><b>12:00PM</b> POWER FLOW Nikki Norenberg</p> <p><b>4:00PM</b> REBEKAH RIVERA Nidra Meditation</p> <p><b>1</b></p>	<p><b>10:30AM</b> POWER FLOW Katie Baki</p> <p><b>12:00PM</b> SIGNATURE FLOW JJ Cook</p> <p><b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage</p> <p><b>7:45PM</b> STRETCH + MEDITATION DeAndre Sinette</p> <p><b>2</b></p>	<p><b>10:30AM</b> SLOW FLOW Trey Jones</p> <p><b>12:00PM</b> SIGNATURE FLOW Nikki Norenberg</p> <p><b>4:00PM</b> INDIGO LAB: KUNDALINI + REIKI Peter Nguyen &amp; Selen Chandradev</p> <p><b>7:45PM</b> CANDLELIT SIGNATURE FLOW Shayla Quinn</p> <p><b>3</b></p>	<p><b>10:30AM</b> POWER FLOW Katie Baki</p> <p><b>12:00PM</b> SIGNATURE FLOW Emmie Danza</p> <p><b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage</p> <p><b>7:45PM</b> STRETCH + MEDITATION DeAndre Sinette</p> <p><b>4</b></p>	<p><b>10:30AM</b> SLOW FLOW Trey Jones</p> <p><b>12:00PM</b> SIGNATURE FLOW Nikki Norenberg</p> <p><b>4:00PM</b> INDIGO LAB: KUNDALINI + SOUND BATH Peter Nguyen &amp; Stephen Baldonado</p> <p><b>7:45PM</b> CANDLELIT SIGNATURE FLOW Shayla Quinn</p> <p><b>5</b></p>	<p><b>10:30AM</b> POWER FLOW Katie Baki</p> <p><b>12:00PM</b> SIGNATURE FLOW JJ Cook</p> <p><b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage</p> <p><b>6</b></p>	<p><b>9:00AM</b> INDIGO LAB: KUNDALINI COLLECTIVE Kjord Davis</p> <p><b>12:00PM</b> SIGNATURE FLOW Katie Baki</p> <p><b>7</b></p>
<p><b>10:30AM</b> SIGNATURE FLOW Marie Grujicic-Delage</p> <p><b>12:00PM</b> POWER FLOW Nikki Norenberg</p> <p><b>4:00PM</b> REBEKAH RIVERA Nidra Meditation</p> <p><b>8</b></p>	<p><b>10:30AM</b> POWER FLOW Katie Baki</p> <p><b>12:00PM</b> SIGNATURE FLOW JJ Cook</p> <p><b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage</p> <p><b>7:45PM</b> STRETCH + MEDITATION DeAndre Sinette</p> <p><b>9</b></p>	<p><b>10:30AM</b> SLOW FLOW Trey Jones</p> <p><b>12:00PM</b> SIGNATURE FLOW Nikki Norenberg</p> <p><b>4:00PM</b> INDIGO LAB: KUNDALINI + REIKI Peter Nguyen &amp; Selen Chandradev</p> <p><b>7:45PM</b> CANDLELIT SIGNATURE FLOW Shayla Quinn</p> <p><b>10</b></p>	<p><b>10:30AM</b> POWER FLOW Katie Baki</p> <p><b>12:00PM</b> SIGNATURE FLOW Emmie Danza</p> <p><b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage</p> <p><b>7:45PM</b> STRETCH + MEDITATION DeAndre Sinette</p> <p><b>11</b></p>	<p><b>10:30AM</b> SLOW FLOW Trey Jones</p> <p><b>12:00PM</b> SIGNATURE FLOW Nikki Norenberg</p> <p><b>4:00PM</b> INDIGO LAB: KUNDALINI + SOUND BATH Peter Nguyen &amp; Stephen Baldonado</p> <p><b>7:45PM</b> CANDLELIT SIGNATURE FLOW Shayla Quinn</p> <p><b>12</b></p>	<p><b>10:30AM</b> POWER FLOW Katie Baki</p> <p><b>12:00PM</b> SIGNATURE FLOW JJ Cook</p> <p><b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage</p> <p><b>13</b></p>	<p><b>9:00AM</b> INDIGO LAB: KUNDALINI COLLECTIVE Kjord Davis</p> <p><b>12:00PM</b> SIGNATURE FLOW Katie Baki</p> <p><b>14</b></p>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10:30AM 15</b> SIGNATURE FLOW Marie Grujicic-Delage  <b>12:00PM</b> POWER FLOW Nikki Norenberg  <b>4:00PM</b> REBEKAH RIVERA Nidra Meditation	<b>10:30AM 16</b> POWER FLOW Katie Baki  <b>12:00PM</b> SIGNATURE FLOW JJ Cook  <b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage  <b>7:45PM</b> STRETCH + MEDITATION DeAndre Sinette	<b>10:30AM 17</b> SLOW FLOW Trey Jones  <b>12:00PM</b> SIGNATURE FLOW Nikki Norenberg  <b>4:00PM</b> INDIGO LAB: KUNDALINI + REIKI Peter Nguyen & Selen Chandradev  <b>7:45PM</b> CANDLELIT SIGNATURE FLOW Shayla Quinn	<b>10:30AM 18</b> POWER FLOW Katie Baki  <b>12:00PM</b> SIGNATURE FLOW Austin Hollingshead  <b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage  <b>7:45PM</b> STRETCH + MEDITATION DeAndre Sinette	<b>10:30AM 19</b> SLOW FLOW Trey Jones  <b>12:00PM</b> SIGNATURE FLOW Nikki Norenberg  <b>4:00PM</b> INDIGO LAB: KUNDALINI + SOUND BATH Peter Nguyen & Stephen Baldonado  <b>7:45PM</b> CANDLELIT SIGNATURE FLOW Shayla Quinn	<b>10:30AM 20</b> POWER FLOW Katie Baki  <b>12:00PM</b> SIGNATURE FLOW JJ Cook  <b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage	<b>*9:00AM 21</b> INDIGO LAB: SPRING EQUINOX KUNDALINI CELEBRATION The Indigo Lab  <b>12:00PM</b> SIGNATURE FLOW Austin Hollingshead
<b>10:30AM 22</b> SIGNATURE FLOW Marie Grujicic-Delage  <b>12:00PM</b> POWER FLOW Nikki Norenberg  <b>4:00PM</b> REBEKAH RIVERA Nidra Meditation	<b>10:30AM 23</b> POWER FLOW Katie Baki  <b>12:00PM</b> SIGNATURE FLOW JJ Cook  <b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage  <b>7:45PM</b> STRETCH + MEDITATION DeAndre Sinette	<b>10:30AM 24</b> SLOW FLOW Trey Jones  <b>12:00PM</b> SIGNATURE FLOW Nikki Norenberg  <b>4:00PM</b> INDIGO LAB: KUNDALINI + REIKI Peter Nguyen & Selen Chandradev  <b>7:45PM</b> CANDLELIT SIGNATURE FLOW Shayla Quinn	<b>10:30AM 25</b> POWER FLOW Katie Baki  <b>12:00PM</b> SIGNATURE FLOW Emmie Danza  <b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage  <b>7:45PM</b> STRETCH + MEDITATION DeAndre Sinette	<b>10:30AM 26</b> SLOW FLOW Trey Jones  <b>12:00PM</b> SIGNATURE FLOW Nikki Norenberg  <b>4:00PM</b> INDIGO LAB: KUNDALINI + SOUND BATH Peter Nguyen & Stephen Baldonado  <b>7:45PM</b> CANDLELIT SIGNATURE FLOW Shayla Quinn	<b>10:30AM 27</b> POWER FLOW Katie Baki  <b>12:00PM</b> SIGNATURE FLOW JJ Cook  <b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage	<b>9:00AM 28</b> INDIGO LAB: KUNDALINI COLLECTIVE Kjord Davis  <b>12:00PM</b> SIGNATURE FLOW Katie Baki
<b>10:30AM 29</b> SIGNATURE FLOW Marie Grujicic-Delage  <b>12:00PM</b> POWER FLOW Nikki Norenberg  <b>4:00PM</b> REBEKAH RIVERA Nidra Meditation	<b>10:30AM 30</b> POWER FLOW Katie Baki  <b>12:00PM</b> SIGNATURE FLOW JJ Cook  <b>6:00PM</b> SIGNATURE FLOW Marie Grujicic-Delage  <b>7:45PM</b> STRETCH + MEDITATION DeAndre Sinette	<b>10:30AM 31</b> SLOW FLOW Trey Jones  <b>12:00PM</b> SIGNATURE FLOW Nikki Norenberg  <b>4:00PM</b> INDIGO LAB: KUNDALINI + REIKI Peter Nguyen & Selen Chandradev  <b>7:45PM</b> CANDLELIT SIGNATURE FLOW Shayla Quinn	*SPECIAL CLASS/WORKSHOP			

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## MARCH YOGA SCHEDULE THE GROVE

FIND US ONLINE ON MINDBODY OR  
THE ALO STUDIOS APP