

# March 28 to April 30, 2021

## ● Sōma|Flourish Class Schedule

Sun, Mar 28

12:00 PM Class: Grooves - Open

03:00 PM Class: Intro to Personal Narrative Writing

Tue, Mar 30

12:00 PM S|F Workout (rotating format)

06:00 PM Community Class

Thu, Apr 1

07:15 AM Relaxed Stretching

Sun, Apr 4

12:00 PM Class: Grooves - Open

03:00 PM Class: Intro to Personal Narrative Writing

Tue, Apr 6

12:00 PM S|F Workout (rotating format)

Thu, Apr 8

07:15 AM Relaxed Stretching

Sun, Apr 11

12:00 PM Class: Grooves - Open

03:00 PM Class: Intro to Personal Narrative Writing

Tue, Apr 13

12:00 PM Patron-Only Workout (Wondrous Water & Up)

Thu, Apr 15

07:15 AM Relaxed Stretching

Sun, Apr 18

12:00 PM Class: Grooves - Open

03:00 PM Class: Intro to Personal Narrative Writing

Tue, Apr 20

12:00 PM S|F Workout (rotating format)

Thu, Apr 22

07:15 AM Relaxed Stretching

Sun, Apr 25

12:00 PM Class: Grooves - Open

03:00 PM Class: Intro to Personal Narrative Writing

Tue, Apr 27

12:00 PM S|F Workout (rotating format)

06:00 PM Community Class

Thu, Apr 29

07:15 AM Relaxed Stretching