

March 2024

Sun Mon Tue Wed Thu Fri Sat

					1	2
3	4	5	6	7	8	9
10	11 9AM CHAIR 10:30 GENTLE FLOW	12	13	14	15	16
17	18 9AM CHAIR 10:30 GENTLE FLOW	19	20	21 6PM GENTLE FLOW	22	23
24	25 9AM CHAIR 10:30 GENTLE FLOW	26	27	28 6PM GENTLE FLOW	29	30

April 2024

Sun Mon Tue Wed Thu Fri Sat

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 9AM CHAIR 10:30 GENTLE FLOW	17	18 6PM GENTLE FLOW	19	20
21	22	23 9AM CHAIR 10:30 GENTLE FLOW	24	25 6PM GENTLE FLOW	26	27
28	29	30 9AM CHAIR 10:30 GENTLE FLOW				

\$5 PER CLASS

INSTRUCTION BY RHONDA BRIGGS

BRING YOUR OWN MAT

NO REGISTRATION REQUIRED

AT LAWTON COMMUNITY CENTER: 315 ASH ST.

