



FACEBOOK LIVE SCHEDULE FOR THE WEEK OF MARCH 23-27, 2020

**PLEASE MAKE SURE YOU FRIEND DONNA HUTCHINSON AND SMILING HEARTS YOGA ON FACEBOOK TO WATCH OR RE-WATCH THE WORKOUTS**

<b>Time</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>5:30-6:00am</b>	Small Grp PT Shelley		Small Grp PT Shelley		Small Grp PT Donna
<b>9:00-10:00am</b>	<b>Flow</b> Donna	<b>Hatha</b> Donna	<b>Flow</b> Donna	<b>Hatha</b> Donna	
<b>11:00-11:50</b>		<b>Core &amp; Flexibility</b> Bailey		<b>Core &amp; Flexibility</b> Bailey	<b>Little Hearts</b> Yoga Bailey
<b>4:00—4:50pm</b>			<b>Pilates</b> Donna		
<b>6:00-6:30pm</b>			<b>Wine and Chocolate Chat with Shelley and Donna via Zoom</b>		

If you cannot make the scheduled live sessions, you can watch them later in the day or on any other day. Save them on Facebook. Also, please let us know if you have any fitness equipment such as bands, weights, balls, and cardio machines like treadmills, bike, track stand, elliptical. If you do, then I will schedule a cardio class where you can be on your own equipment.