



# Austin Classes

## March 2019

| Sun. | Mon.   | Tue.   | Wed.   | Thu.  | Fri.   | Sat. |
|------|--|--|--|---|--|------|
|      |  |  |  |   | 1<br><b>Stay Strong</b><br>10 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg)   | 2    |
| 3    | 4  | 5<br><b>Stay Strong</b><br>9 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg)  | 6<br><b>Stay Smart</b><br>1:30 p.m.<br>Elan SouthPark<br>9320 Alice Mae<br>Lane  | 7<br><b>Stay Strong</b><br>11 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg)                      | 8<br><b>Stay Strong</b><br>10 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg)   | 9    |
| 10   | 11<br><b>Stay Social</b><br>1 p.m.<br>Pok-e-Jo's BBQ<br>4109 S Capital<br>of Texas Hwy,<br>Austin, TX<br>78704 | 12<br><b>Stay Strong</b><br>9 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg) | 13<br><b>Stay Smart</b><br>1:30 p.m.<br>Elan SouthPark<br>9320 Alice Mae<br>Lane | 14<br><b>Stay Strong</b><br>11 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg)                     | 15<br><b>Stay Stretching<br/>(with Damien-<br/>bring a mat)</b><br>10 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg) | 16   |
| 17   | 18<br><b>Conversation<br/>Cafe with Amy</b><br>11 a.m.<br>Central Market,<br>Westgate                          | 19<br><b>Stay Strong</b><br>9 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg) | 20<br><b>Stay Smart</b><br>1:30 p.m.<br>Elan SouthPark<br>9320 Alice Mae<br>Lane | 21<br><b>Stay Strong</b><br>11 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg)                     | 22<br><b>Stay Strong</b><br>10 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg)  | 23   |
| 24   | 25   | 26<br><b>Stay Strong</b><br>9 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300                 | 27<br><b>Stay Smart</b><br>1:30 p.m.<br>Elan SouthPark<br>9320 Alice Mae<br>Lane | 28<br><b>Belly Dancing<br/>with Jeanette</b><br>11 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg) | 29<br><b>Yoga (with Amy<br/>Martin- bring a<br/>mat)</b><br>10 a.m.<br>Balance Dance<br>4544 S. Lamar,<br>Ste #200/#300<br>(Bravo Bldg)        | 30   |