

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 EMPOWERED DEFENCE CENTRE'S 2nd BIRTHDAY PARTY: 1pm-3pm SALE: 8am-8pm online *Summer Camps open for registration today	2	3	4	5	6	7
8 INTERNATIONAL WOMEN'S DAY Women-Only Self-Defence Seminar 1pm-4pm YOGA 6 WEEK SERIES BEGINS @7pm	9	10	11	12	13	14 STUDIO CLOSED
15	16	17	18	19	20	21

7pm YOGA

22	23	24	25	26 KIDS TESTING FOR THOSE WHO QUALIFY	27 P.D. DAY CAMP 8:30-3:30 *No Open Gym TEENS TESTING FOR THOSE WHO QUALIFY	28 ADULT TESTING FOR THOSE WHO QUALIFY
		*No Open Gym				

7pm YOGA

29	30 SPRING BREAK CAMP 8:30-3:30 *No Open Gym	31 SPRING BREAK CAMP 8:30-3:30 *No Open Gym	1 SPRING BREAK CAMP 8:30-3:30 *No Open Gym	2 SPRING BREAK CAMP 8:30-3:30 *No Open Gym	3 GOOD FRIDAY STUDIO CLOSED	4 CLASSES ON
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7pm YOGA

5 EASTER SUNDAY STUDIO CLOSED	6 EASTER MONDAY STUDIO CLOSED	Notes
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