

MAR2025 BUTTERFLY WELLNESS

815 W. MAIN ST, PICKENS SC (864)826-1887
 BUTTERFLYWELLNESSYOGA.COM

SUN MON TUE WED THU FRI SAT

01

CLOSED
 SUNDAYS
 &
 MONDAYS

Gift Cards and
 Memberships
 Available!

Private Party

2

03

04

05

06

07

08

11am Yoga 101
 2pm Energizing
 Detox
 5:30pm Community
 Acupuncture

11am Yoga Flow
 2pm Chair Yoga

11am Power Yoga
 5:30pm Flow Into
 Stillness

11am Grow In
 Your Flow
 2pm Somatic
 Movement

9:30am
 Strengthening
 Flow
 11:00 Beyond
 Van Gogh Field
 Trip

09

10

11

12

13

14

15

11am Yoga 101
 2pm Power Yoga

11am Yoga Flow
 2pm Chair Yoga
 5:30pm
 Empowerment
 Flow

11am Power Yoga
 2pm Yoga at the
 Wall

11am Grow In
 Your Flow
 2pm Slow Flow
 Yoga
 5:30pm
 Community
 Acupuncture &
 Sound Bath

9:30am
 Strengthening
 Flow
 1-3pm Paint &
 Sip (\$40 non-
 members)

16

17

18

19

20

21

22

11am Yoga 101
 2pm Energizing
 Detox

11am Yoga Flow
 2pm Chair Yoga

11am Power Yoga
 5:30-7pm
 Community
 Women's Circle

11am Grow In
 Your Flow
 2pm Chair Yoga
 5:30pm Somatic
 Movement

9:30am
 Strengthening
 Flow
 11am Somatic
 Movement
 1pm High
 Intensity Interval
 Training (HIIT)

23

24

25

26

27

28

29

11am Yoga 101
 2pm Power Yoga

11am Yoga Flow
 2pm Chair Yoga
 5:30pm
 Empowerment
 Flow

11am Power Yoga
 2pm Yoga at the
 Wall

11am Grow In
 Your Flow
 2pm Somatic
 Movement

9:30am
 Strengthening
 Flow
 11am Chair
 Yoga
 1pm HIIT

30

31
