


Recommended:

Beginners: 10-15 minutes daily

Intermediate: 15-20 minutes daily

Advanced: 25 minutes daily



The header of the calendar features a green background with a white leprechaun hat and a shamrock on the left, and the word "March" in a white, cursive font in the center. To the right of the word "March" are three white shamrocks of varying sizes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Recommended:

Beginners: 10-15 minutes daily

Intermediate: 15-20 minutes daily

Advanced: 25 minutes daily