

SEPTEMBER



MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 LABOR DAY NO CLASSES	2 YOGA FLOW Priti 6:00-7:00 pm (Y1)	3 GENTLE YOGA TBD 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	4 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	5 GENTLE YOGA Tara 10:00-10:45 am (Y1) YOGA FLOW Kerri 12:00-12:45 pm (Y1)	6 YOGA FLOW Katherine 8:00-9:00 am (Y1) 	7 YOGA FLOW TBD 12:00-1:00 pm (Y1) DDPYoga Anthony 2:00 – 3:00 pm (G2)
8 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	9 YOGA FLOW Priti 6:00-7:00 pm (Y1)	10 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	11 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1) YOGA FLOW TBD 6:00-7:00 pm (Y1)	12 GENTLE YOGA Priti 10:00-10:45 am (Y1) YOGA FLOW Kerri 12:00-12:45 pm (Y1)	13 YOGA FLOW Kristijana 8:00-9:00 am (Y1) 	14 YOGA FLOW Kristijana 12:00-1:00 pm (Y1) DDPYoga Anthony 2:00 – 3:00 pm (G2)
15 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) YOGA FLOW TBD 6:00-7:00 pm (Y1)	16 YOGA FLOW Priti 6:00-7:00 pm (Y1)	17 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW TBD 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	18 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Kerri 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	19 GENTLE YOGA Priti 10:00-10:45 am (Y1) YOGA FLOW Kerri 12:00-12:45 pm (Y1)	20 YOGA FLOW Kristijana 8:00-9:00 am (Y1) 	21 YOGA FLOW Katherine 12:00-1:00 pm (Y1) DDPYoga Anthony 2:00 – 3:00 pm (G2)
22 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	23 YOGA FLOW Tara 6:00-7:00 pm (Y1)	24 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW TBD 12:00-12:45 pm (Y1) SPORT YOGA Chris 1:00-1:45 pm (G2) YOGA FLOW Tara 6:00-7:00 pm (Y1)	25 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW Kerri 12:00-12:45 pm (Y1) YOGA FLOW TBD 6:00-7:00 pm (Y1)	26 GENTLE YOGA Tara 10:00-10:45 am (Y1) YOGA FLOW Steph 12:00-12:45 pm (Y1)	27 YOGA FLOW Kristijana 8:00-9:00 am (Y1) 	28 YOGA FLOW Kristijana 12:00-1:00 pm (Y1) DDPYoga Anthony 2:00 – 3:00 pm (G2)
29 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	30 YOGA FLOW Tara 6:00-7:00 pm (Y1)					

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.