

SEPTEMBER



yoga

MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 YOGA FLOW Laurie 6:00-7:00 pm (Y1)	2 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Heidi 12:00-12:45 pm (Y1) YOGA FLOW Riley 6:00-7:00 pm (Y1)	3 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 Tara 6:00-7:00 pm (Y1)	4 GENTLE YOGA Laurie 10:00-10:45 am (Y1) YOGA FLOW Heidi 12:00-12:45 pm (Y1)	5 YOGA FLOW Kristijana 8:00-9:00 am (Y1)	6 YOGA FLOW Kristijana 12:00-1:00 pm (Y1)
7 LABOR DAY GENTLE YOGA No Classes 10:00-10:45 am (Y1) YOGA FLOW No Classes 12:00-12:45 pm (Y1) YOGA FLOW No Classes 6:00-7:00 pm (Y1)	8 YOGA FLOW Laurie 6:00-7:00 pm (Y1)	9 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Roopa 12:00-12:45 pm (Y1) YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	10 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 Tara 6:00-7:00 pm (Y1)	11 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Riley 12:00-12:45 pm (Y1)	12 YOGA FLOW Riley 8:00-9:00 am (Y1)	13 YOGA FLOW Katherine 12:00-1:00 pm (Y1)
14 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	15 YOGA FLOW Laurie 6:00-7:00 pm (Y1)	16 GENTLE YOGA Steph 10:00-10:45 am (Y1) YOGA FLOW Laurie 12:00-12:45 pm (Y1) YOGA FLOW Kristijana 6:00-7:00 pm (Y1)	17 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 Tara 6:00-7:00 pm (Y1)	18 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Leanna 12:00-12:45 pm (Y1)	19 YOGA FLOW Laurie 8:00-9:00 am (Y1)	20 YOGA FLOW Leanna 12:00-1:00 pm (Y1)
21 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	22 YOGA FLOW Laurie 6:00-7:00 pm (Y1)	23 GENTLE YOGA Laurie 10:00-10:45 am (Y1) YOGA FLOW Roopa 12:00-12:45 pm (Y1) YOGA FLOW Riley 6:00-7:00 pm (Y1)	24 YOGA FLOW Katherine 6:00-6:45 am (Y1) Chair Yoga Roopa 10:00-10:45 am (Y1) YOGA FLOW TBD 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	25 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Riley 12:00-12:45 pm (Y1)	26 YOGA FLOW Kristijana 8:00-9:00 am (Y1)	27 YOGA FLOW Riley 12:00-1:00 pm (Y1)
28 GENTLE YOGA Kerri 10:00-10:45 am (Y1) YOGA FLOW Katherine 12:00-12:45 pm (Y1) YOGA FLOW Tara 6:00-7:00 pm (Y1)	29 YOGA FLOW Laurie 6:00-7:00 pm (Y1)	30 GENTLE YOGA Laurie 10:00-10:45 am (Y1) YOGA FLOW Laurie 12:00-12:45 pm (Y1) 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.