OCTOBER

yoga MONTHLY CLASS SCHEDULE

CHOICE HEALTH & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 **YOGA FLOW | Katherine** 6:00-6:45 am (Y1) **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW | Laurie** 12:00-12:45 pm (Y1) **YOGA FLOW | Laurie** 6:00-7:00 pm (Y1)	2 **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW | Riley** 12:00-12:45 pm (Y1)	3 **YOGA FLOW | Kristijana** 8:00-9:00 am (Y1)	4 **YOGA FLOW | Riley** 12:00-1:00 pm (Y1)
5 **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)	6 **YOGA FLOW | Laurie** 6:00-7:00 pm (Y1)	7 **GENTLE YOGA | Steph** 10:00-10:45 am (Y1) **YOGA FLOW |Laurie** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	8 **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)	9 **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW | Steph** 12:00-12:45 pm (Y1)	10 **YOGA FLOW | Katherine** 8:00-9:00 am (Y1)	11 **YOGA FLOW |Kristijana** 12:00-1:00 pm (Y1)
12 **GENTLE YOGA | Tara** 10:00-10:45 am (Y1) **YOGA FLOW |Katherine** 12:00-12:45 pm (Y1) **YOGA FLOW |Kristijana** 6:00-7:00 pm (Y1)	13 **YOGA FLOW | Laurie** 6:00-7:00 pm (Y1)	14 **GENTLE YOGA | Steph** 10:00-10:45 am (Y1) **YOGA FLOW | Roopa** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	15 **YOGA FLOW | Katherine** 6:00-6:45 am (Y1) **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW |Laurie** 12:00-12:45 pm (Y1) **YOGA FLOW | Laurie** 6:00-7:00 pm (Y1)	16 **GENTLE YOGA | Laurie** 10:00-10:45 am (Y1) **YOGA FLOW | TBD** 12:00-12:45 pm (Y1)	17 **YOGA FLOW |Riley** 8:00-9:00 am (Y1)	18 **YOGA FLOW |Riley** 12:00-1:00 pm (Y1)
19 **GENTLE YOGA | Laurie** 10:00-10:45 am (Y1) **YOGA FLOW |Leanna** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	20 **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	21 **GENTLE YOGA | Steph** 10:00-10:45 am (Y1) **YOGA FLOW |Laurie** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	22 **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 |Laurie** 6:00-7:00 pm (Y1)	23 **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW | Kerri** 12:00-12:45 pm (Y1)	24 **YOGA FLOW |Leanna** 8:00-9:00 am (Y1)	25 **YOGA FLOW |Riley** 12:00-1:00 pm (Y1)
26 **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW | Leanna** 12:00-12:45 pm (Y1) **YOGA FLOW |Kristijana** 6:00-7:00 pm (Y1)	27 **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	28 **GENTLE YOGA | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW |Roopa** 12:00-12:45 pm (Y1) **YOGA FLOW |Kristijana** 6:00-7:00 pm (Y1)	29 **YOGA FLOW |Katherine** 6:00-6:45 am (Y1) **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW | Riley** 12:00-12:45 pm (Y1) **YOGA FLOW |Tara** 6:00-7:00 pm (Y1)	30 **GENTLE YOGA | TBD** 10:00-10:45 am (Y1) **YOGA FLOW | TBD** 12:00-12:45 pm (Y1)	31 **YOGA FLOW |Leanna** 8:00-9:00 am (Y1)	

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