

# OmBody September 2019 Class Schedule

OmBodyMassageandWellness.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 All Levels Flow with Leah 4:45 PM	4 Core Balance with Jenny 5:30 PM	5 Artist Meet & Greet 6:00 PM	6 Restorative Yoga with Leann 5:00 PM	7 OmBody will have a booth at Wellness on the Yough in Connellsville
8 Walking Meditation meet at the dog park on Sheepskin Trail 10:00 AM	9 Guided Meditation with Leann 7:00 PM	10 All Levels Flow with Leah 4:45 PM	11 HIITS with Tara 5:30 PM	12 Check Facebook page for pop-up classes or workshops	13 Gentle Yoga with Amy Rhodes 5:30 PM No Restorative Yoga this week	14 OmBody will have a booth at Larrypoolza in Gibbon Glade
15	16	17 No All Levels Flow this week	18 HIITS with Tara 5:30 PM	19 Check Facebook page for pop-up class or workshops!	20 Restorative Yoga 5:00 PM Joint & Mobility Yoga with Laura Scoville 6:30PM	21 Yin for the Equinox with Jenny 8:45AM Sound Bath 10:00am
22 Walking Meditation meet at the dog park on Sheepskin Trail 10:00 AM	23	24 No All Levels Flow this week Acupuncture and Yin Yoga with Melissa and Brynn 5:30 PM	25 HIITS with Tara 5:30 PM Yoma with Leah & Leann 7:00 PM	26 Check Facebook page for pop-up classes workshops!	27 No Restorative Yoga this week	28 FIGHT: An Art Collective 6:00- 9:00PM
29	30					

