


“October is a symphony of permanence and change.”

-Bonaro W. Overstreet

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(F) = Fitness Class (Y) = Yoga Class (E) = Event</p> <p><i>-BOOK YOUR INFRARED SUANA VISIT -BOOK YOUR PRIVATE (Aerial, personal training, inversions, Reiki, etc..) TODAY!!</i></p>						<p>1 (Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am</p>
<p>2 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.</p>	<p>3 (F) Vitality -Strength & Flexibility 6:00pm-7:30pm</p>	<p>4 (Y)Chair Yoga 6:00pm-7:00pm</p>	<p>5 (Y)Beginners Yoga 6:00pm-7:00pm</p>	<p>6 (F) Weight training, core and more 6:00pm-7:00pm</p>	<p>7 *Schedule your private or stop by for a dip in the sauna between 530pm-8pm.</p>	<p>8 (Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am</p>
<p>9 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.</p>	<p>10 (F) Vitality -Strength & Flexibility 6:00pm-7:30pm</p>	<p>11 (Y)Chair Yoga 6:00pm-7:00pm</p>	<p>12 (Y)Beginners Yoga 6:00pm-7:00pm</p>	<p>13 (F) Weight training, core and more 6:00pm-7:00pm</p>	<p>14 *Schedule your private or stop by for a dip in the sauna between 530pm-8pm.</p>	<p>15 (Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am</p>
<p>16 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.</p>	<p>17 (F) Vitality -Strength & Flexibility 6:00pm-7:30pm</p>	<p>18 (Y)Chair Yoga 6:00pm-7:00pm</p>	<p>19 (Y)Beginners Yoga 6:00pm-7:00pm</p>	<p>20 (F) Weight training, core and more 6:00pm-7:00pm</p>	<p>21 *Schedule your private or stop by for a dip in the sauna between 530pm-8pm.</p>	<p>22 (Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am</p>
<p>23 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.</p>	<p>24 (F) Vitality -Strength & Flexibility 6:00pm-7:30pm</p>	<p>25 (Y)Chair Yoga 6:00pm-7:00pm</p>	<p>26 (Y)Beginners Yoga 6:00pm-7:00pm</p>	<p>27 (F) Weight training, core and more 6:00pm-7:00pm</p>	<p>28 *Schedule your private or stop by for a dip in the sauna between 530pm-8pm.</p>	<p>29 (Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am</p>
<p>30 *Schedule your private or stop by for a dip in the sauna between 10am-3pm.</p>	<p>31 (F) Vitality -Strength & Flexibility 6:00pm-7:30pm</p>					

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