

August - October 2025

Week Planner

Sunday	Monday 4 Weeks	Tuesday 5 weeks	Wednesday 5 Weeks	Thursday 4 Weeks	Friday	Saturday 4 Weeks
31	1 9:00 - 10:30 Preliminary Course September	2 4:30-6:00 Level 2 Advanced	3 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1	4 4:30-6:00 Preliminary Course	5	6 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1
7	8 9:00 - 10:30 Preliminary Course	9 4:30-6:00 Level 2 Advanced	10 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1	11 4:30-6:00 Preliminary Course	12	13 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1
14 9:00 - 11:30 Iyengar Yoga Odyssey	15 9:00 - 10:30 Preliminary Course	16 4:30-6:00 Level 2 Advanced	17 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1	18 4:30-6:00 Preliminary Course	19	20 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1
21	22 9:00 - 10:30 Preliminary Course	23 4:30-6:00 Level 2 Advanced	24 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1	25 No Classes	26	27 No Classes
28	29 No Classes	30 4:30-6:00 Level 2 Advanced	1 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 October	2 4:30-6:00 Preliminary Course	3	4 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1