

August - October 2026

Week Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 4:30-6:00 Basics	1 4:30 - 6:00 Level 2 Advanced September	2 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	3 4:30-6:00 Preliminary Course "Plus" Dynamic	4	5 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
6 9:00 - 11:30 Iyengar Yoga Odyssey \$25	7 4:30-6:00 Basics	8 4:30 - 6:00 Level 2 Advanced	9 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	10 4:30-6:00 Preliminary Course "Plus" Dynamic	11	12 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
13	14 4:30-6:00 Basics	15 4:30 - 6:00 Level 2 Advanced	16 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	17 4:30-6:00 Preliminary Course "Plus" Dynamic	18	19 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
20	21 4:30-6:00 Basics	22 4:30 - 6:00 Level 2 Advanced	23 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	24 4:30-6:00 Preliminary Course "Plus" Dynamic	25	26 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace
27	28 4:30-6:00 Basics	29 4:30 - 6:00 Level 2 Advanced	30 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace	1 4:30-6:00 Preliminary Course "Plus" Dynamic October	2	3 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 Slower Pace