

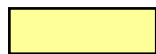
# YOGA FOR EVERYBODY

All classes are held at the Imperial Park Rec Center (IPRC)  
234 Matlage Way, Sugar Land, TX 77478

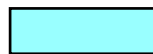
Instructor: Ken Hainline ~ 832-496-2497 ~ www.y4eb.com

## September - 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*** 1 Yin Yoga 3:45-4:45pm	2 10:00-11:00am Austin Pkwy	3 5:45-6:45pm	* SHORT * 4 8:15-9:15am 7:00-8:00pm	5 5:45-6:45pm	6	7 8:45-9:45am
*** 8 Yin Yoga 3:45-4:45pm	9 11:00am-Noon 7:00-8:00pm	10 5:45-6:45pm	* LONG * 11 8:15-9:15am 7:00-8:00pm	12 5:45-6:45pm	13	14 8:45-9:45am
*** 15 Yin Yoga 3:45-4:45pm	16 11:00am-Noon 7:00-8:00pm	17 5:45-6:45pm	* SHORT * 18 8:15-9:15am 7:00-8:00pm	19 5:45-6:45pm	20	21 8:45-9:45am
*** 22 Yin Yoga 3:45-4:45pm	23 11:00am-Noon 7:00-8:00pm	24 5:45-6:45pm	* LONG * 25 8:15-9:15am 7:00-8:00pm	26 5:45-6:45pm	27	28 8:45-9:45am
*** 29 Yin Yoga 3:45-4:45pm	30 11:00am-Noon 7:00-8:00pm					



MORNING CLASS



EVENING CLASS



SUBSTITUTE



NO CLASS



CLASS RELOCATION - Noted in box (Austin Pkwy or LCCC)  
or CLASS TIME CHANGE - Noted with RED text

\* SHORT \*  
\* LONG \*

Yoga mat edge in relation to the front of the room

\*\*\*

Yin Yoga

Special Optional Class

Currently Registered Students Only

Pay as you go class - \$5

\$3 bolster rental or bring your own